



**Testimony on Permanent Standard Time and Adolescent Sleep Health  
Presented to the PA Intergovernmental Affairs & Operations Committee**

*Wednesday, April 29, 2026 – 9:30AM*

Thank you, Chairman Dellosa and members of the Committee. My name is Amy Goldman and I am both a former Pennsylvania School Board President and Co-Founder of the **Regional Adolescent Sleep Needs Organization (RASNC)** based in southeastern PA. I am here today to highlight how adopting **permanent standard time** will reinforce the goals of another pending piece of legislation, **Pennsylvania House Bill 2152**. House Bill 2152 incentivizes school districts to adopt later secondary school start times for the proven benefit of improving adolescent sleep, overall well-being and achievement. House Bill 2152, with more than two dozen bi-partisan co-sponsors, was unanimously passed by the House Education Committee on February 4, 2026.

Pennsylvania has been a leader in recognizing the importance of adolescent sleep health. This conversation began in earnest with the unanimously adopted [Senate Resolution 417](#) in 2018. Senate Resolution 417 required the **Joint State Government Commission** to produce a [report](#) in 2019 that examined the relationship between school start times and student health, alertness, and performance. That bipartisan initiative confirmed what decades of research have shown: teenagers experience a hormonally driven shift toward later sleep and wake times, and early school schedules conflict with their biological rhythms, leading to chronic sleep deprivation. Pennsylvania's students are among the nation's most sleep deprived. According to the CDC's National Youth Risk Behavior [Survey](#) of 2021, **84% of Pennsylvania's high school students are not getting adequate sleep.**

Since the Joint State Government Commission's landmark report, momentum for later secondary school start times has grown steadily across the Commonwealth. To date, **at least 48 school entities across 23 counties** have already adjusted their bell

schedules to better align with adolescent sleep needs. And over the course of the next two days, the **Regional Adolescent Sleep Needs Coalition (RASNC)** is hosting two fully subscribed virtual forums featuring a panel of eight Pennsylvania superintendents who have successfully made these transitions. They will be sharing their experiences with dozens of other Pennsylvania educational leaders who are considering the potential for implementing later secondary school start times in their districts too. Various state lawmakers and their staffs have also been invited and are welcome to register to attend.

House Bill 2152 builds on this statewide movement, providing incentive, by way of access to Pennsylvania's existing School Safety and Security Grant Program, for districts to adopt later start times grounded in science and practical success stories. Yet to fully realize these benefits for our adolescent students, **we must ensure our state's clock supports the same principles.**

**Permanent standard time** aligns with students' circadian rhythms by providing access to early morning sunlight—the key signal that helps the body wake up and maintain a stable sleep schedule. This natural light exposure allows later start policies to work as intended, helping students feel alert and ready to learn. In contrast, **permanent daylight saving time** would delay sunrise for much of the school year, leaving our students to start so many of their days in darkness and eroding the very advantages later start times create and that our school districts have worked so hard to implement.

**Put simply, permanent standard time (Representative Diamond's House Bill 119) and House Bill 2152 belong together.** Both restore biological alignment, leading to greater opportunity for adequate rest that our teenage students desperately need. These initiatives represent a unified, evidence-based approach to improving student health, safety, and achievement throughout Pennsylvania. Therefore, as part of what I know is our shared commitment to providing the healthiest and most successful educational experiences for all of Pennsylvania's students, **the Regional Adolescent Sleep Needs Coalition wholeheartedly urges our lawmakers to adopt House Bills 119 and 2152 and reject anything that would make daylight saving time permanent.**

Thank you for your time and for your commitment to policies that let our students thrive.

**Amy Goldman**, on behalf of the Regional Adolescent Sleep Needs Coalition (RASNC)