STATE OF NEW YORK

3183

2025-2026 Regular Sessions

IN ASSEMBLY

January 23, 2025

Introduced by M. of A. ROSENTHAL -- read once and referred to the Committee on Education

AN ACT directing the commissioner of education to establish a commission to study the needs of adolescents and the effect that school day start times have on the health and academic performance of students; and providing for the repeal of such provisions upon expiration thereof

The People of the State of New York, represented in Senate and Assembly, do enact as follows:

Section 1. The commissioner of education is hereby authorized and directed to create a commission to study and create a report on the sleep needs of adolescents and the effect that school day start times have on the health and academic performance of students.

§ 2. The commission shall:

(i) study the feasibility of all schools in New York state implementing later school day start times;

(ii) conduct a review of the scientific findings relative to sleep needs of adolescents and the effect that school day start times have on the health and academic performance of students;

(iii) determine the number of districts in the state that have implemented later school day start times for schools and examine the health and safety impacts and academic performance of students, including performance on statewide tests; and

(iv) identify resources and opportunities to assist districts in implementing minimum standards for healthy school day start times for schools consistent with the recommendation of the American Academy of Pediatrics.

§ 3. The commission shall consist of a total of nine members who shall be appointed not later than the thirtieth day after the effective date of this section and shall include:

(i) two members appointed by the governor;

(ii) two members appointed by the temporary president of the senate;

EXPLANATION--Matter in *italics* (underscored) is new; matter in brackets [-] is old law to be omitted.

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(iii) two members appointed by the speaker of the assembly; and

(iv) three members appointed by the commissioner of the department of education, one such member shall be a doctor specializing in sleep medicine.

§ 4. One of the appointments by the governor shall serve as chairperson of the commission.

§ 5. The members of the commission shall serve without compensation, but shall be reimbursed for actual expenses reasonably incurred in the performance of their duties.

§ 6. All departments, divisions, bureaus, commissions, districts or agencies of the state or any political subdivisions thereof shall, at the request of the chairperson, provide the commission with such facilities, assistance and data as will enable the commission to carry out its powers and duties.

§ 7. The commission shall make a report to the governor and the legislature of its findings, conclusions, and recommendations not later than one year after the effective date of this section, and shall submit with its report such legislative proposals as it deems necessary to implement its recommendations.

§ 8. This act shall take effect immediately and shall expire and be deemed repealed eighteen months after such date.