To direct the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

SECTION 1. SHORT TITLE.

This Act may be cited as the “ZZZ’s to A’s Act”.

SEC. 2. FINDINGS.

Congress finds the following:

(1) The Secretary of Education has not formally issued policy guidance on school start times.
(2) Numerous local educational agencies have recently changed or are considering changing school start times in an effort to improve adolescent health, well-being, and performance.

SEC. 3. STUDY AND REPORT.

Not later than 18 months after the date of the enactment of this Act, the Secretary of Education shall—

(1) conduct a study, directly or through the award of a grant or contract, to examine the relationship between school start times and adolescent health, well-being, and performance that—

(A) provides a comprehensive review of the scientific evidence relating to school start times and adolescent health, well-being, and performance;

(B) compares adolescent health, well-being, and performance among local educational agencies with different school start times; and

(C) evaluates factors that contribute to or affect school start times; and

(2) submit to Congress a report that describes—

(A) the findings of the study; and

(B) any recommendations of the Secretary based on such findings.
SEC. 4. DEFINITIONS.

In this Act:

(1) LOCAL EDUCATIONAL AGENCY.—The term “local educational agency” has the meaning given the term in section 8101 of the Elementary and Secondary Education Act of 1965 (20 U.S.C. 7801).

(2) PERFORMANCE.—The term “performance” means a measurement of how well an individual achieves a desired task, and may include academic performance and cognitive performance.

(3) SECRETARY.—The term “Secretary” means the Secretary of Education.