



Amy Roeder

46 Blackstone Street

Bangor, ME 04401

Residence: 207-370-5517

Amy.Roeder@legislature.maine.gov

HOUSE OF REPRESENTATIVES

2 STATE HOUSE STATION

AUGUSTA, MAINE 04333-0002

(207) 287-1400

TTY: MAINE RELAY 711

February 27, 2025

Testimony of Representative Amy Roeder in support of

LD 396, An Act to Provide for a Later Starting Time for High Schools

Before the Joint Standing Committee on Education and Cultural Affairs

Good morning, Senator Rafferty, Representative Noonan Murphy and esteemed members of the Joint Standing Committee on Education and Cultural Affairs. My name is Amy Roeder, and I represent House District 23, which includes a portion of the great City of Bangor.

I am here today to speak in support of **LD 396, An Act to Provide for a Later Starting Time for High Schools.**

The American Psychological Association has stated that later school start times can be correlated with improved mood, better attendance and grades and fewer car crashes. Further, chronic sleep loss in adolescents is linked to higher rates of depression, anxiety, suicidal thoughts, obesity, diabetes and substance abuse – all issues that are deeply impacting the wellbeing of our kids.

In Maine, we already know later starting times to be beneficial to our students. Several Maine school districts including Portland, South Portland, Biddeford, Saco and Old Orchard Beach have successfully implemented or are considering later start times. This growing trend in Maine and across the nation is one we should consider more widely. It's important that we do everything we can to improve the lives of our kids, including making sure they get the proper sleep they need to grow and to excel academically.

Thank you for your consideration. I am happy to answer any questions you may have.