



DC PSYCHOLOGY  
AND SLEEP SERVICES

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To my representatives:

I am writing to express my upmost support for HB 189/SB 103: Public Middle, High, and Charter Schools - Start Time for Instruction.

I am a Montgomery County resident in Potomac, Maryland. My two children, in grades 2 and 3, attend public school. I am also a clinical psychologist board-certified in behavioral sleep medicine (BSM) by the Board of Behavioral Sleep Medicine and the American Board of Sleep Medicine - these are the highest credentials in BSM. So, I know about sleep and the importance of healthy school hours for our children.

I support HB 189/SB 103 because our children need my advocacy on this clear-cut matter. By passing this bill, we have an opportunity to improve our children's safety, mental health, physical health, academic performance, and more. Sleep is a pillar of health and well-being, and without later start school start times we are unnecessarily setting our children up for struggles that can be prevented. We know better and so we should do better.

I appreciate your work on behalf of our state and respectfully urge you to **vote in favor of HB 189/SB 103** and continue supporting policies that reflect the needs and values of your constituents.

Thank you for your time and for your public service.

Sincerely,

A handwritten signature in black ink that reads "Virginia Runko, PhD".