

Cash Orr

Oklahoma State University

Lobbying Report

14 November 2025

SB OBU-002 “Sleep for Success Act”

When reviewing Senate Bill No. OBU-002, referred to as the Sleep for Success Act of 2025, I was initially hesitant to bestow support. The main reason being, I was unsure how this bill would be of benefit to the students, educators, or administrators in districts across the state of Oklahoma. The bill in my opinion would be hard to enforce or monitor. It would be difficult to facilitate the secondary levels of education, and I questioned how students would respond to a mandatory break. I felt like there would be more beneficial efforts that could be implemented such as a later start time on certain days or providing a shorter school week. However, as I examined the premise on a more thorough level, I began to see the positive aspects the Sleep for Success Act could provide. For example, it could improve students’ academic and behavioral performance. By giving short reset or break times, it can improve attention, while reducing stress and anxiety. An allotted quiet time or rest period can serve to help offset long school days and extracurricular activities. It also allows today’s busy students to adapt to being comfortable in stillness. I find that with the use of cellular phones and social media that any required break would be a way for students and educators to reset their minds and focus. The cost to implement such a bill is relatively low, so it would be affordable for all districts. In the end of the day, our main goal should be to encourage, educate and elevate the students and educators in Oklahoma. If incorporating a small break each day, such as the Sleep Success Act proposes, could provide a small window of peace in a student's life, we owe it to our constituents to give it our support. If

for nothing other than examining the benefits over an extended period to monitor the success or relevance, I say vote yes, today for a more peaceful tomorrow.