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School start time
-impact on student wellbeing and academic performance

Dr. Hoffmann received her Ph.Ds. in Biochemistry from the Autonomous University in Barcelona (Spain) and in Neuroscience from Montpellier University II (France) in 2010, whereafter she completed her postdoctoral work in reproductive endocrinology and circadian biology with Dr. Mellon at Univ. of California, San Diego. In 2018 she joined the faculty at Michigan State University, where Dr. Hoffmann's research program lies at the intersection of neuroendocrinology, circadian rhythms, as well as the impact of light, sleep and circadian rhythms on reproduction and mental health.

In recognition of her contribution to the field of neuroendocrinology and reproductive function Dr. Hoffmann has received the Neena Schwartz Young Investigator Award in Basic Science from Women in Endocrinology, the Early Investigators Award from the Endocrine Society, the New Investigator Award from the Society for Behavioral Neuroendocrinology and the Basil O'Connor Starter Scholar Research Award from the March of Dimes.

More recently, Dr. Hoffmann has started advocating for later school start times in Michigan. School start time impacts student wellbeing, academic success, the risk of depression, car accidents and sports injuries, as well as lifetime earnings. Aligning school start time with the body's natural changes in time keeping function allows to increase student wellbeing and success. She started the Start School Later in Michigan (SSLiM) initiative in January 2023 to organize a state wide advocacy on the importance of school start time on student wellbeing.

To learn more see <https://www.canr.msu.edu/hoffmann/> and <https://sites.google.com/msu.edu/sslim/home>