



Sleep Survey Summary

October 2019

- 1096 Students participated in the survey in grades 7-12
- 882 (80.5%) of students get less than the 8-10 hours of sleep recommended by research on school nights.
- 458 (52%) of the students getting less than the recommended sleep are getting between seven and eight hours of sleep.
- 255 (23.2%) of students always or often take a nap after school.
- 228 (89.4%) of those students who always or often take a nap after school get less than the recommended amount of sleep on school nights.
- 932 (85%) of students reported that they get 8 or more hours of sleep when they are able to sleep in.
- 730 (67%) students always or often feel tired or sleepy during the school day.
- 1023 (94%) have felt tired during the school day on occasion.
- 111 (15%) of those students that feel tired or sleepy during the school day get the recommended hours of sleep on school nights.