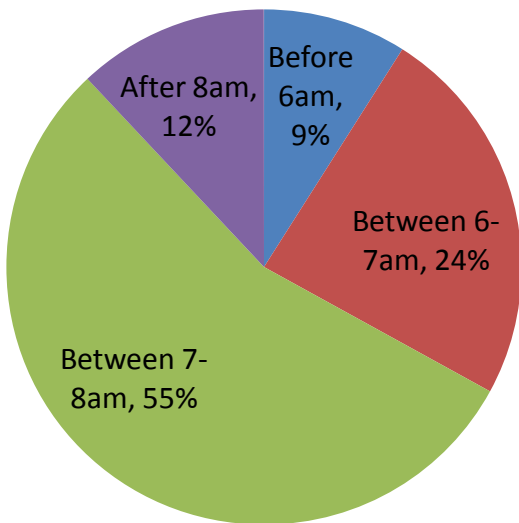


Let's Get Healthy! visited Self Enhancement, Inc. on December 5th, 2013 and collected research data from 278 SEI students and community members.

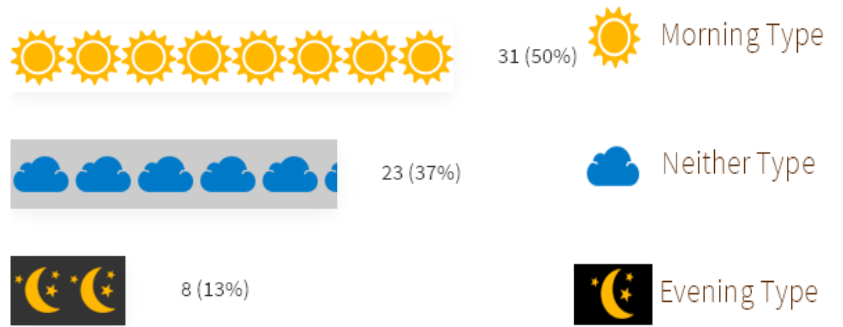
62 students completed the sleep station and their results are shown below.

On school days, students wake up:



CHRONOTYPE

Chronotype (also known as "diurnal preference") refers to the time of day or night that a person feels at their best.

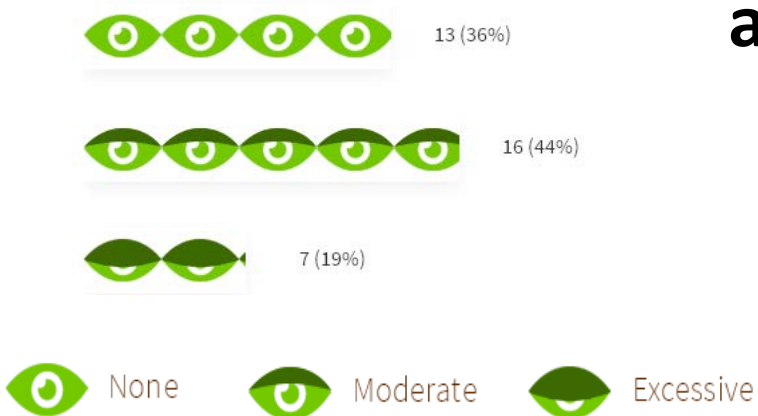


Average bedtime for students is **10:05 pm**.

57% of SEI students say they "always" or "frequently" think they need more sleep.

Average wake time for girls is **7:07 am** and **6:15 am** for boys on school days.
18% of students go to bed at midnight or later on school nights.

DAYTIME SLEEPINESS



60% of SEI students say they fall asleep or get drowsy during class periods at least sometimes.

Did you know?

Teens need about **9.25 hours** of sleep each night to function best (for some, 8.5 hours is enough.)

One out of five SEI students said they would rate their sleep quality "Fairly Bad" or "Very Bad".

6:40 am

The **average** time SEI students wake up for school.