

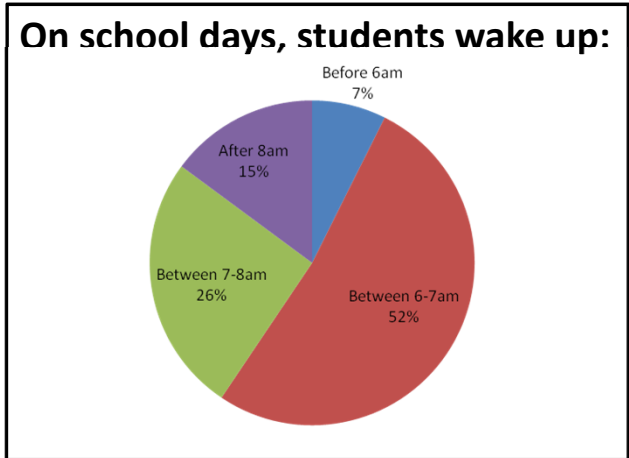


Valor Middle School

Sleep

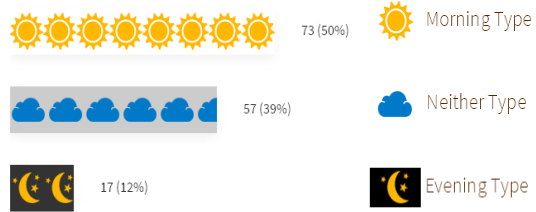
Let's Get Healthy! visited Valor Middle School on October 14th, 2013 and collected research data from 568 Valor students.

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



CHRONOTYPE

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



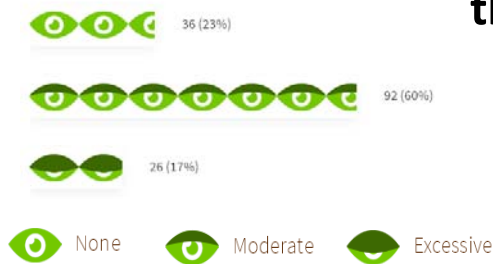
Average bedtime for students is **10:05 pm** on school nights and **10:50 pm** on weekends.

12% of Valor Middle School students leave for school at or before 7:00 am.

Average wake time for students is **6:40 am** on school nights and **9:10 am** on weekends.

10% of students go to bed at midnight or later on school nights.

DAYTIME SLEEPINESS



1 out of 10 Valor students say they think they are "rarely" or "never" getting enough sleep

Did you know?

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

One –fourth of students said they thought the **students in their school** would meet recommendations for healthy sleep.

7:25 am

The **average** time Valor Middle School students leave for school.



To see more results from your school and others, please visit: <http://www.letsgethealthy.org>