

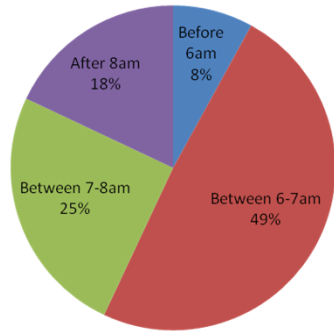


Woodburn Middle Schools

Sleep

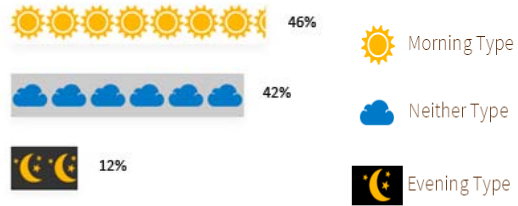
Let's Get Healthy! visited Valor and French Prairie Middle Schools on October 14th & 17th, 2013 and collected research data from 1,051 Woodburn students. 303 students completed the sleep station and their results are shown below.

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.

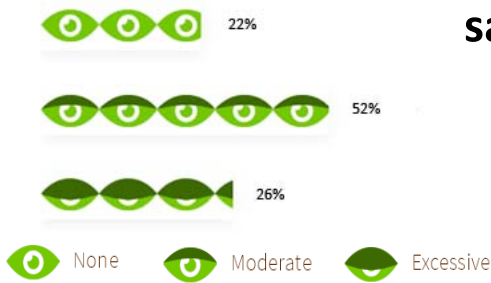


Average bedtime for students is **10:00 pm** on school nights and **10:35 pm** on weekends.

16% of Woodburn middle school students leave for school at or before 7:00 am.

Average wake time for students is **6:45 am** on school nights and **9:15 am** on weekends. 9% of students go to bed at midnight or later on school nights.

DAYTIME SLEEPINESS



1 out of 9 middle school 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.

7:20 am

The **average** time Woodburn middle school students leave for school.



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