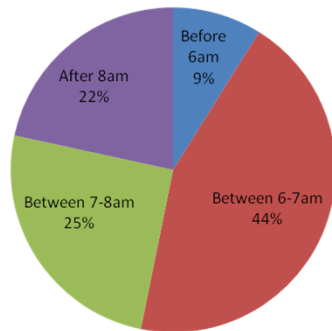


Let's Get Healthy! visited French Prairie Middle School on October 17th, 2013 and collected research data from 483 French Prairie students.

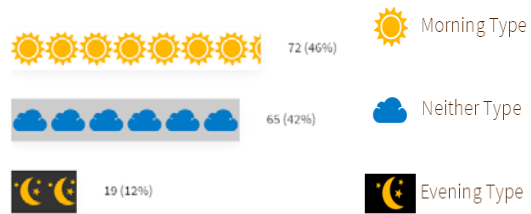
156 students completed the sleep station and their results are shown below.

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.



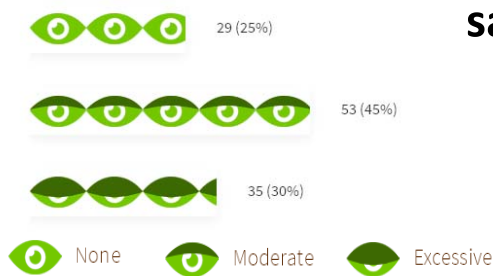
Average bedtime for students is **9:55 pm** on school nights and **10:20 pm** on weekends.

20% of French Prairie Middle School students leave for school at or before 7:00 am.

Average wake time for students is **6:50 am** on school nights and **9:15 am** on weekends.

7% of students go to bed at midnight or later on school nights.

DAYTIME SLEEPINESS



1 out of 8 French Prairie 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 out of five students said they thought the **students in their school** would meet recommendations for healthy sleep.

7:20 am

The **average** time French Prairie Middle School students leave for school.