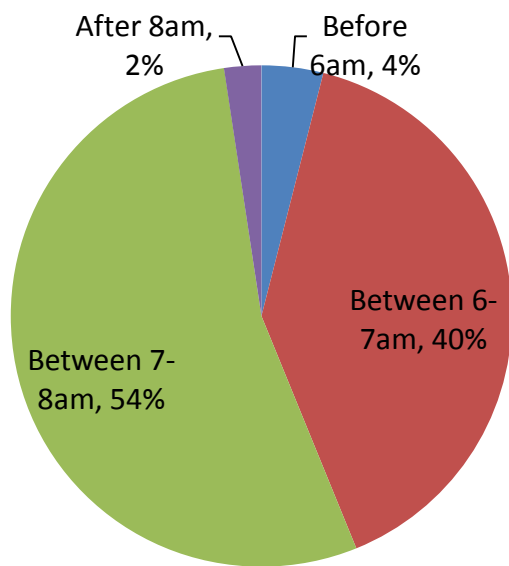


## Sleep

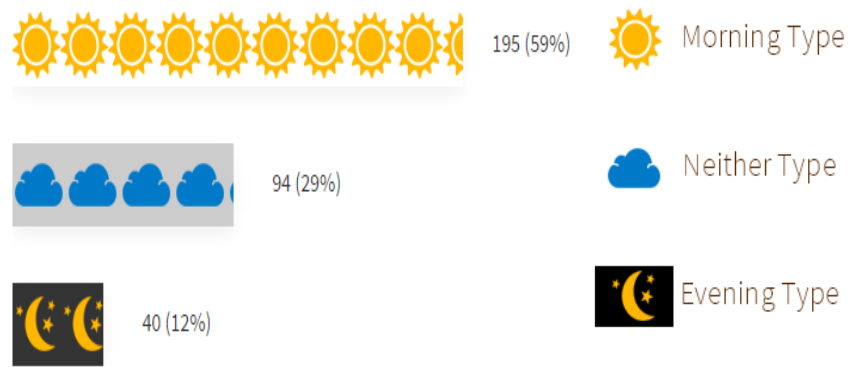
**Let's Get Healthy!** visited La Grande, Oregon on February 23<sup>rd</sup> and 24<sup>th</sup>, 2015 and collected research data from 805 middle school students from Cove, North Powder, Elgin, Union, Imbler, and La Grande. 329 students completed the sleep station and their results are shown below.

### 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 **9:40 pm**

**8.1 hours**

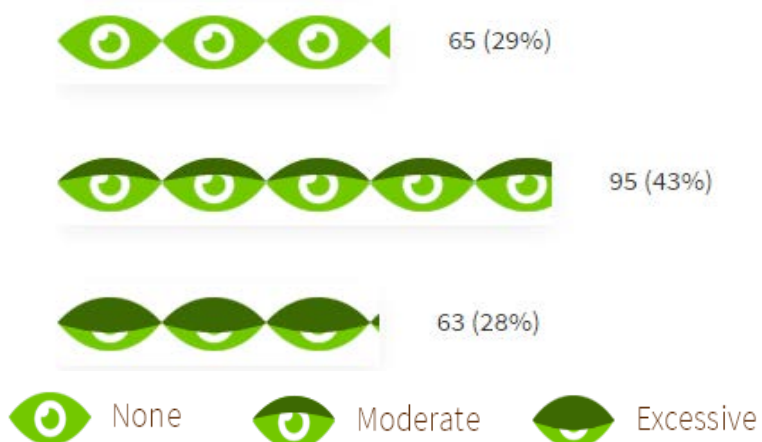
The average number of hours boys in the La Grande area sleep.

**7.6 hours**

The average number of hours girls in the La Grande area sleep.

Average wake time for girls is **6:37 am** and **6:47 am** for boys on school days. 8% of students go to bed at midnight or later on school nights.

### DAYTIME SLEEPINESS



**6:40 am**

The **average** time La Grande area students wake up for school.

### Did you know?

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