

ECMS Sleep Habits Survey Results

Sudbury School Start Time Committee

February 1, 2017

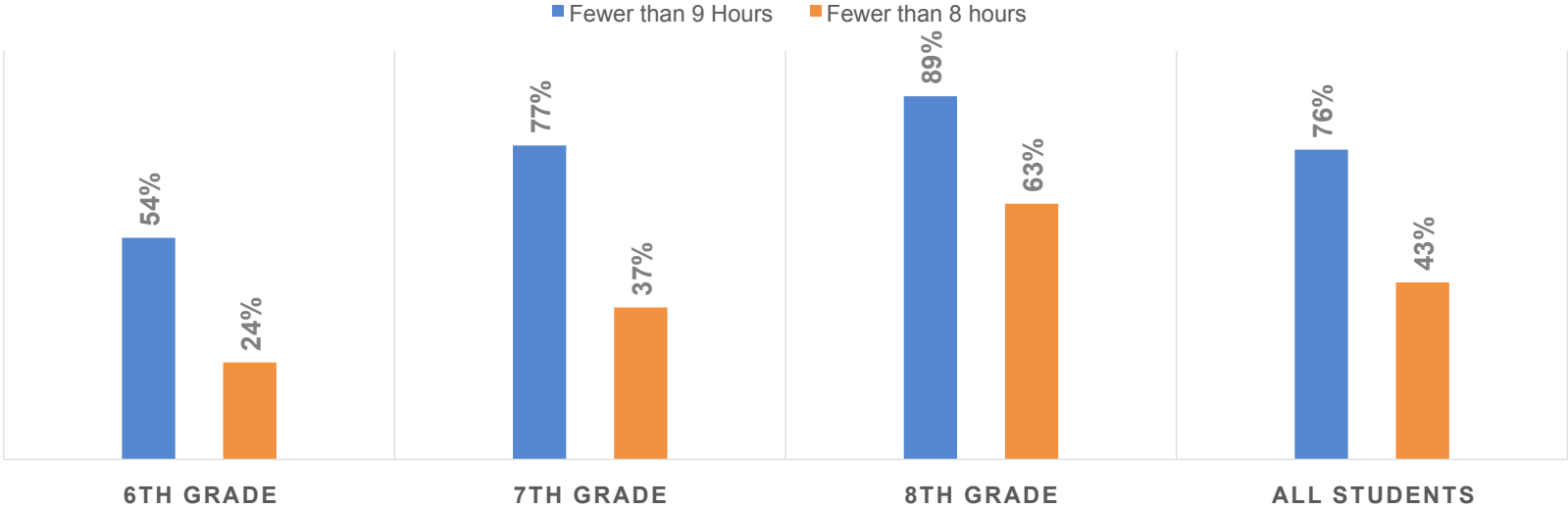
Broad participation across ECMS community

- 732 students (75% of total Curtis students)
- 471 parents (55 % of total Curtis households)
- 77 staff (62% of total Curtis staff – survey was distributed to all teaching & non-teaching staff)

Over half of students report insufficient sleep during school nights, per American Academy of Pediatrics (AAP) guidelines

The AAP recommends 9-12 hours of sleep per night for ages 6-12, and 8-10 hours of sleep per night for ages 13-18

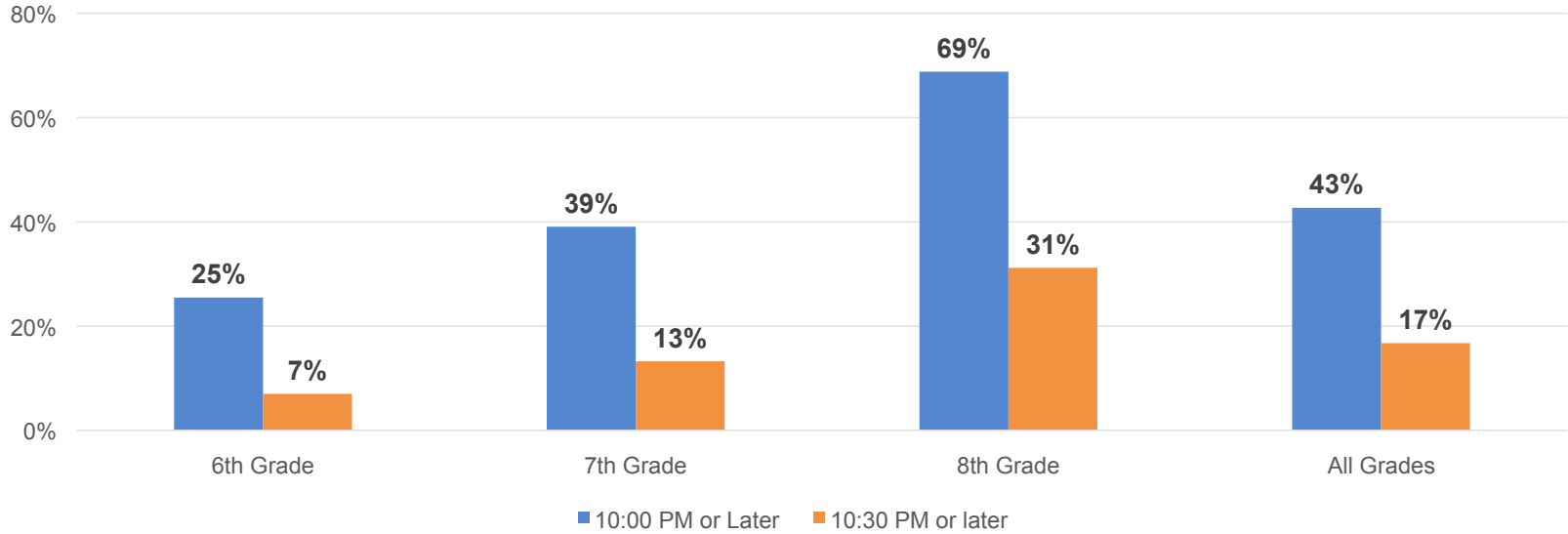
PERCENT OF STUDENTS GETTING LESS THAN THE AAP RECOMMENDED SLEEP PER NIGHT ON SCHOOL NIGHTS



Parents report later bedtimes for children in older grades

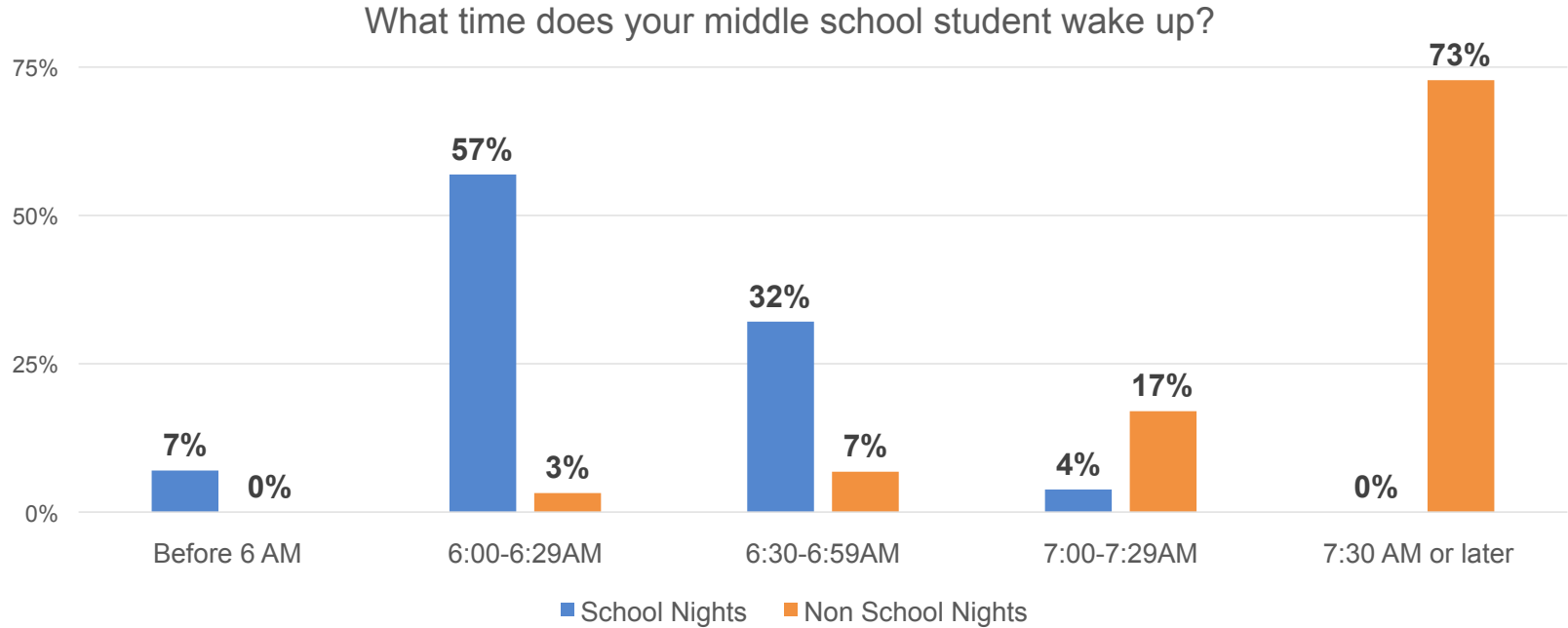
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What time does your middle school child usually fall asleep?



Wake-up time is consistent across grades on school days

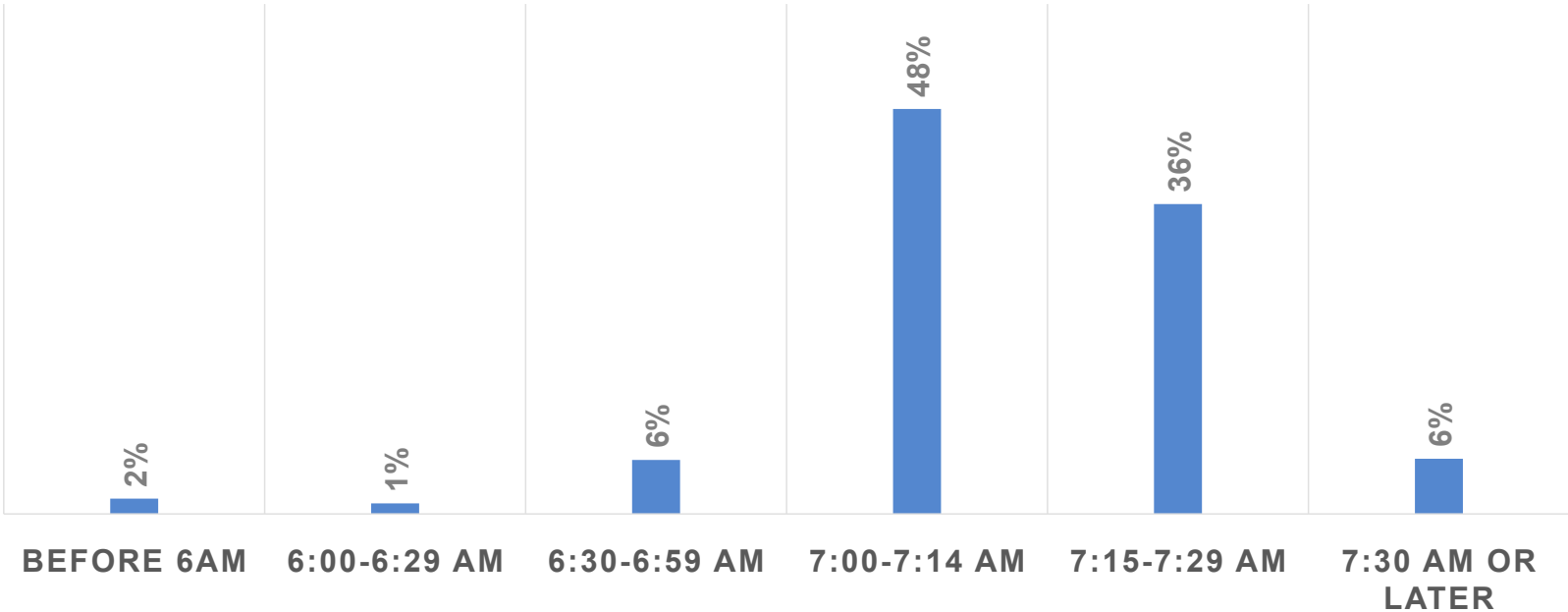
96% of students wake up before 7 AM on school days, with 7% waking before 6 AM
Adolescents are biologically programmed to wake at 8am or later*



**The ABCs of ZZZs: The Impact of Sleep on Student Health, “ Judith Owens MD MPH

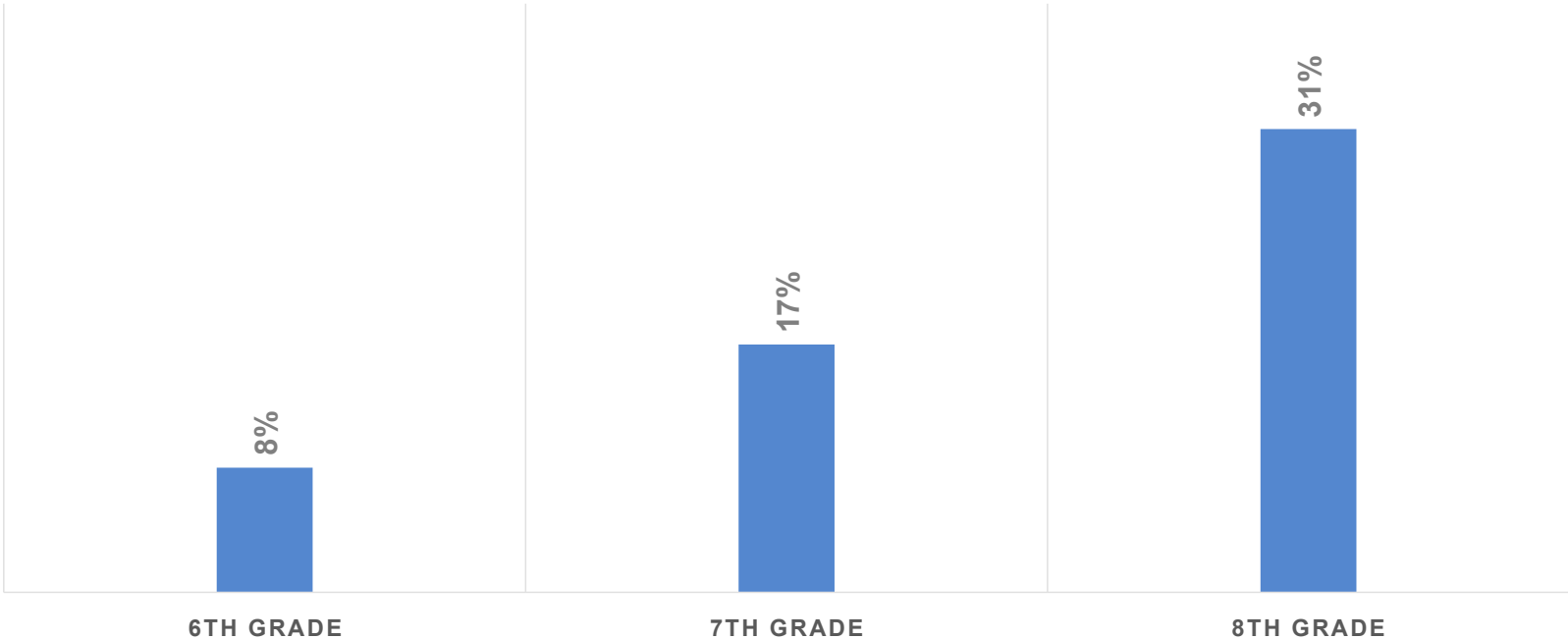
84% of Curtis students say they leave home between 7:00-7:30 AM to get to school

WHAT TIME DO YOU USUALLY LEAVE YOUR HOUSE TO GO TO SCHOOL?



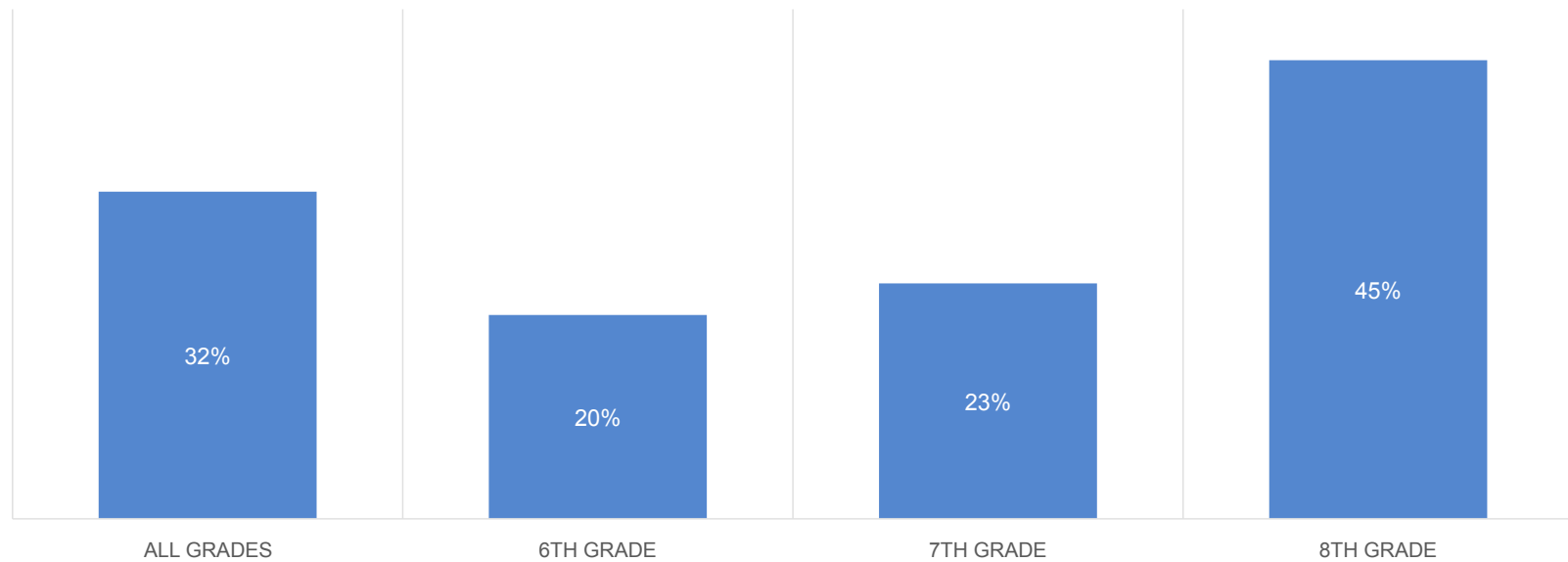
Nearly 1/3 of 8th graders say they doze off in class at least once per week

PERCENT OF STUDENTS REPORTING THAT THEY DOZE OFF IN CLASS AT LEAST ONCE PER WEEK



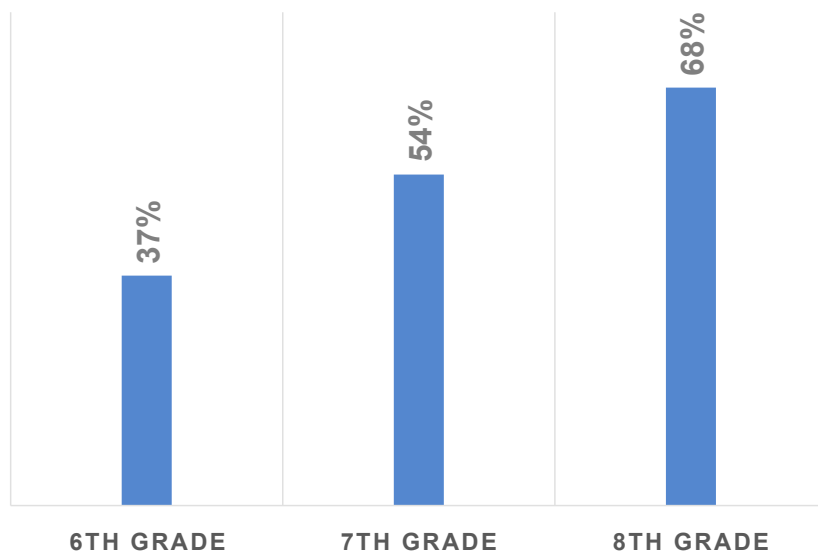
Teachers confirm that dozing off in class increases with grade level

INSTANCES OF DOZING OFF IN CLASS OBSERVED EVERY DAY TO MULTIPLE DAYS PER WEEK

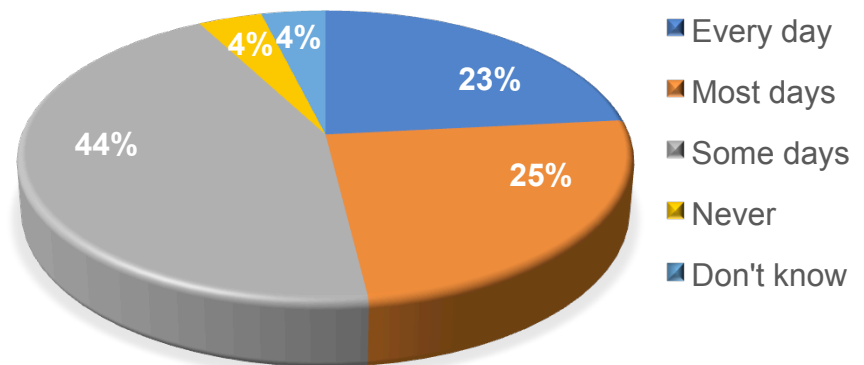


68% of 8th graders say they feel tired or sleepy at school most days or every day, while 92% of teachers observe students who appear to be tired or sleepy in class

PERCENT OF STUDENTS REPORTING THAT THEY ARE TIRED OR SLEEPY AT SCHOOL, MOST DAYS OR EVERY DAY

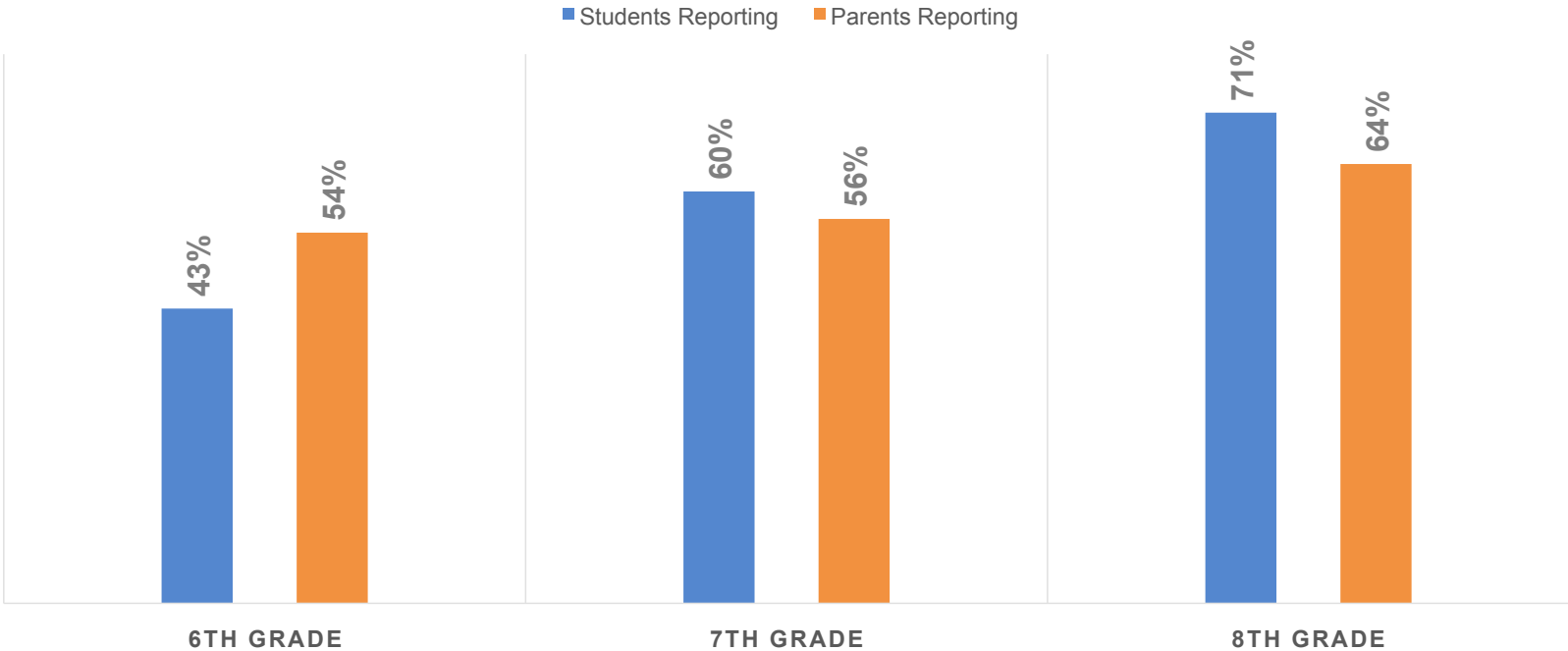


HOW OFTEN DO YOU OBSERVE STUDENTS WHO APPEAR TO BE FEELING TIRED/SLEEPY AT SCHOOL?



Majority of parents and students agree that ECMS students are sleep-deprived

PERCENT REPORTING THAT STUDENTS ARE GETTING “TOO LITTLE” OR “FAR TOO LITTLE” SLEEP PER NIGHT



In their own words -- students

“Many kids our age have lots of trouble falling asleep until 10:45 or later, because our minds are still awake. It can be hard to focus in class when I didn’t get a lot of sleep, and it really is frustrating when my mind can’t absorb everything we talked about in classes.”

“I have this thing where it does not matter how many hours of sleep you get, it matters what time you wake up and I am VERY tired each and every morning, and it is hard for me to pay attention in class.”

“I wake up tired every day, but I don’t feel like I could go to bed earlier.”

“The later I wake up, even if I get only a couple hours of sleep I work better and I’m more alert.”

“It is really hard to focus during the first few blocks. When we had that delayed start, I felt much more ready and alert for the school day.”

“I have trouble sleeping if I go to bed at 9:00 or earlier. I don’t know why it just happens.”

In their own words -- parents

"Parents and schools should do anything to make later school day work."

"They are not awake and productive early in the morning. Kids are tired every morning waking regardless of the attempted bedtime."

"Our biggest concern is with the LS (too) early start time."

"Waking 11-14 year olds up at 6 am is ridiculous in my opinion."

"Let them sleep, the research is clear."

"This becomes a much bigger issue at the high school level...the LSRHS needs to participate more actively in addressing these issues"

"I'm more concerned about my high school student who struggles to get up in the morning. I see this coming with my middle schooler."

"I think his work is suffering because he is tired and not focused."

"We have been fighting the natural sleep tendencies of kids for decades and it's time to put a stop to it."

Majority across all constituencies agree that current ECMS start time is a little too early or much too early

PERCENT RESPONDING THAT CURRENT CURTIS MIDDLE SCHOOL START TIME IS A LITTLE TOO EARLY OR MUCH TOO EARLY

