High School Sleep Survey - June, 2015

In June 2015, both LMSD high school principals sent out a survey to all Harriton and LMHS students (grades 9-12) about their sleep patterns. The District received more than 1,200 responses (a 50% response rate).

The results were consistent with much of the national teenage sleep research, shown in the attached Powerpoint. Students' average amount of sleep on school nights was 6.5 hours, with only 3.6% getting "adequate sleep" (8.5 hours or more, as defined by the medical researchers).

Additionally:

* 17% fell asleep in class one day a week or more,
* 64% had difficulty focusing in class due to sleepiness one day a week or more, and,
* 43% napped after school one day a week or more.

Homework and early school start time were the top two factors that students reported interfered with their getting enough sleep. When asked to describe how, if at all, sleep patterns and amounts have affected their high school experience, students listed the constant exhaustion, decreased focus and concentration, difficulty learning when tired, mood changes, feeling ill, having less energy to learn and to play sports, too much homework, etc. A sampling of answers follows; full report lists all student responses.

* "My mind does not function at 7:30 in the morning."
* "I am in a constant state of sleep deprivation."
* "I eventually got used to getting little sleep, but after awhile, it would start to affect how well I was absorbing information in class."
* "(Lack of sleep) makes every single task twice as difficult and eats away at my energy, effort and motivation."
* "I find when I have frees first set in the morning and I can come in late, I am much more focused in school throughout the day and even into the evening."
* "I feel miserable most of the time... I get grueling headaches...I feel sort of sick most days."

Questions? Please contact ISC Healthy Start Times Committee Lisa Prosnitz (lisa.prosnitz@mac.com) or Amy Norr norrmetz@verizon.net).