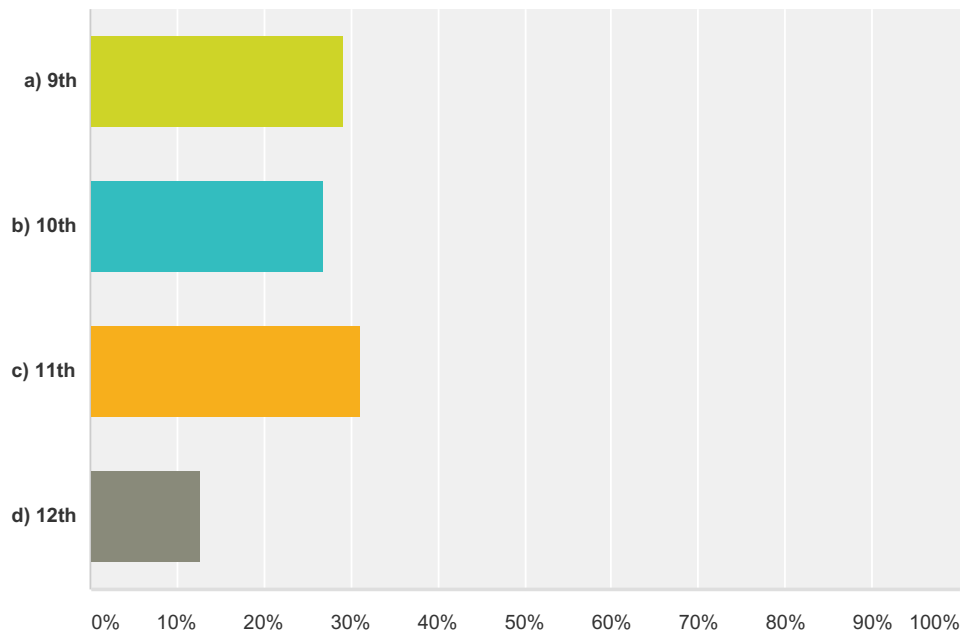


Sleep Survey

Q1 1) What grade are you in this year (2014-15)?

Answered: 1,200 Skipped: 4

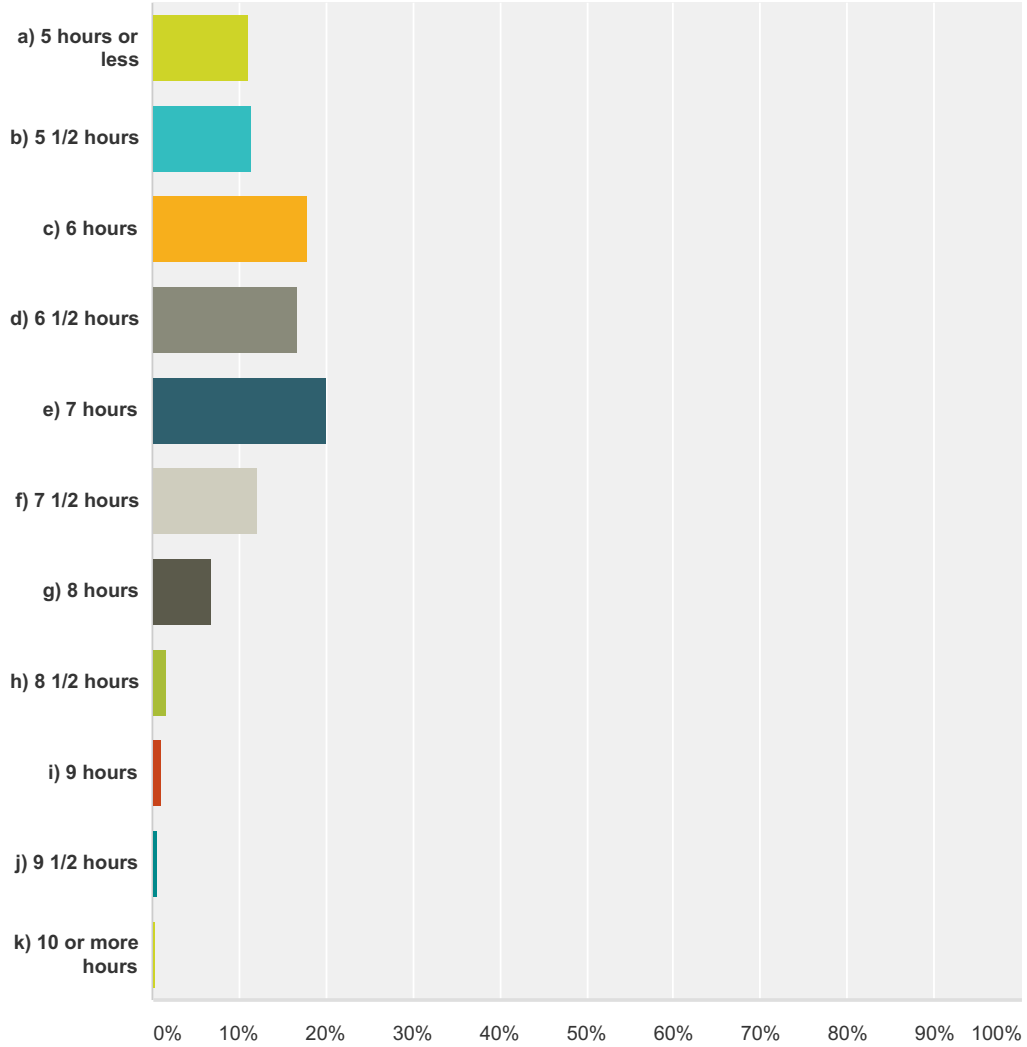


Answer Choices	Responses
a) 9th	29.17% 350
b) 10th	26.83% 322
c) 11th	31.17% 374
d) 12th	12.83% 154
Total	1,200

Sleep Survey

Q2 On average, how many hours of sleep do you get on school nights (Sunday - Thursday nights)?

Answered: 1,202 Skipped: 2



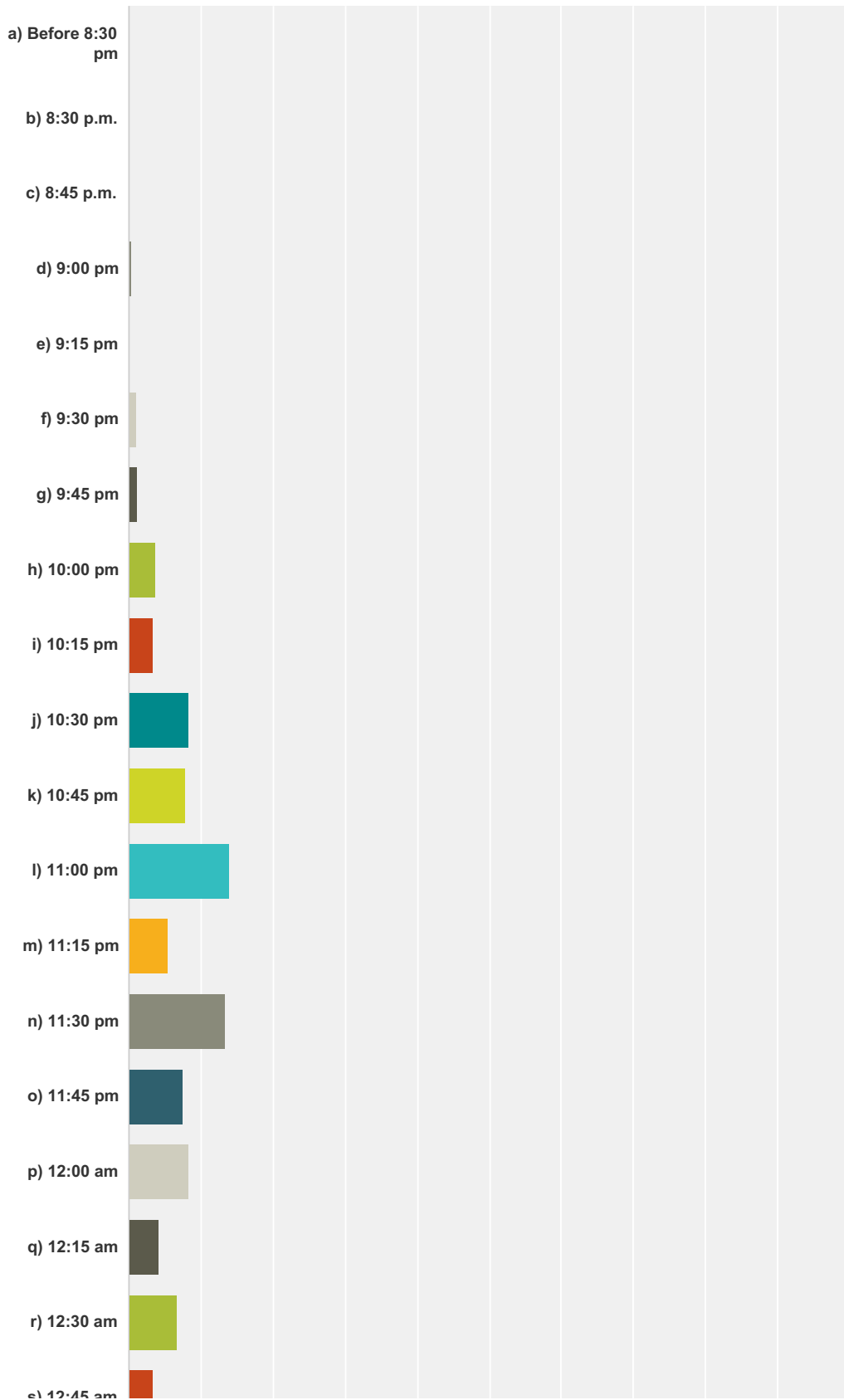
Answer Choices	Responses
a) 5 hours or less	11.06% 133
b) 5 1/2 hours	11.48% 138
c) 6 hours	18.05% 217
d) 6 1/2 hours	16.72% 201
e) 7 hours	20.13% 242
f) 7 1/2 hours	12.06% 145
g) 8 hours	6.91% 83

Sleep Survey

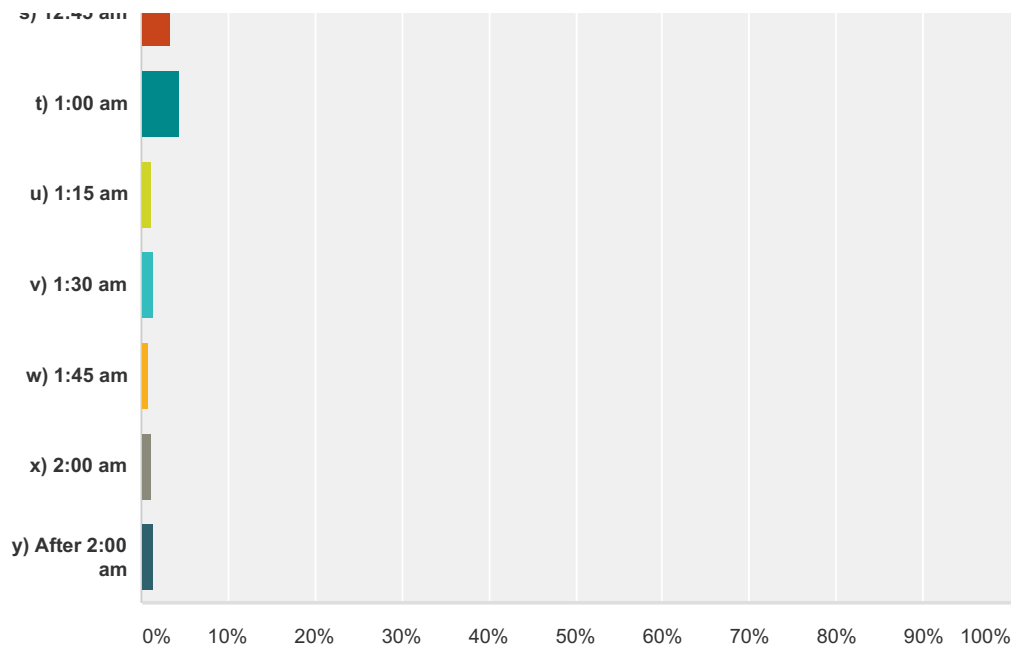
h) 8 1/2 hours	1.66%	20
i) 9 hours	1.00%	12
j) 9 1/2 hours	0.58%	7
k) 10 or more hours	0.33%	4
Total		1,202

Q3 3) What time do you typically fall asleep on school nights?

Answered: 1,202 Skipped: 2



Sleep Survey



Answer Choices	Responses	Count
a) Before 8:30 pm	0.08%	1
b) 8:30 p.m.	0.08%	1
c) 8:45 p.m.	0.25%	3
d) 9:00 pm	0.42%	5
e) 9:15 pm	0.25%	3
f) 9:30 pm	1.08%	13
g) 9:45 pm	1.16%	14
h) 10:00 pm	3.83%	46
i) 10:15 pm	3.24%	39
j) 10:30 pm	8.40%	101
k) 10:45 pm	7.99%	96
l) 11:00 pm	13.89%	167
m) 11:15 pm	5.32%	64
n) 11:30 pm	13.39%	161
o) 11:45 pm	7.49%	90
p) 12:00 am	8.40%	101
q) 12:15 am	4.08%	49
r) 12:30 am	6.74%	81
s) 12:45 am	3.33%	40

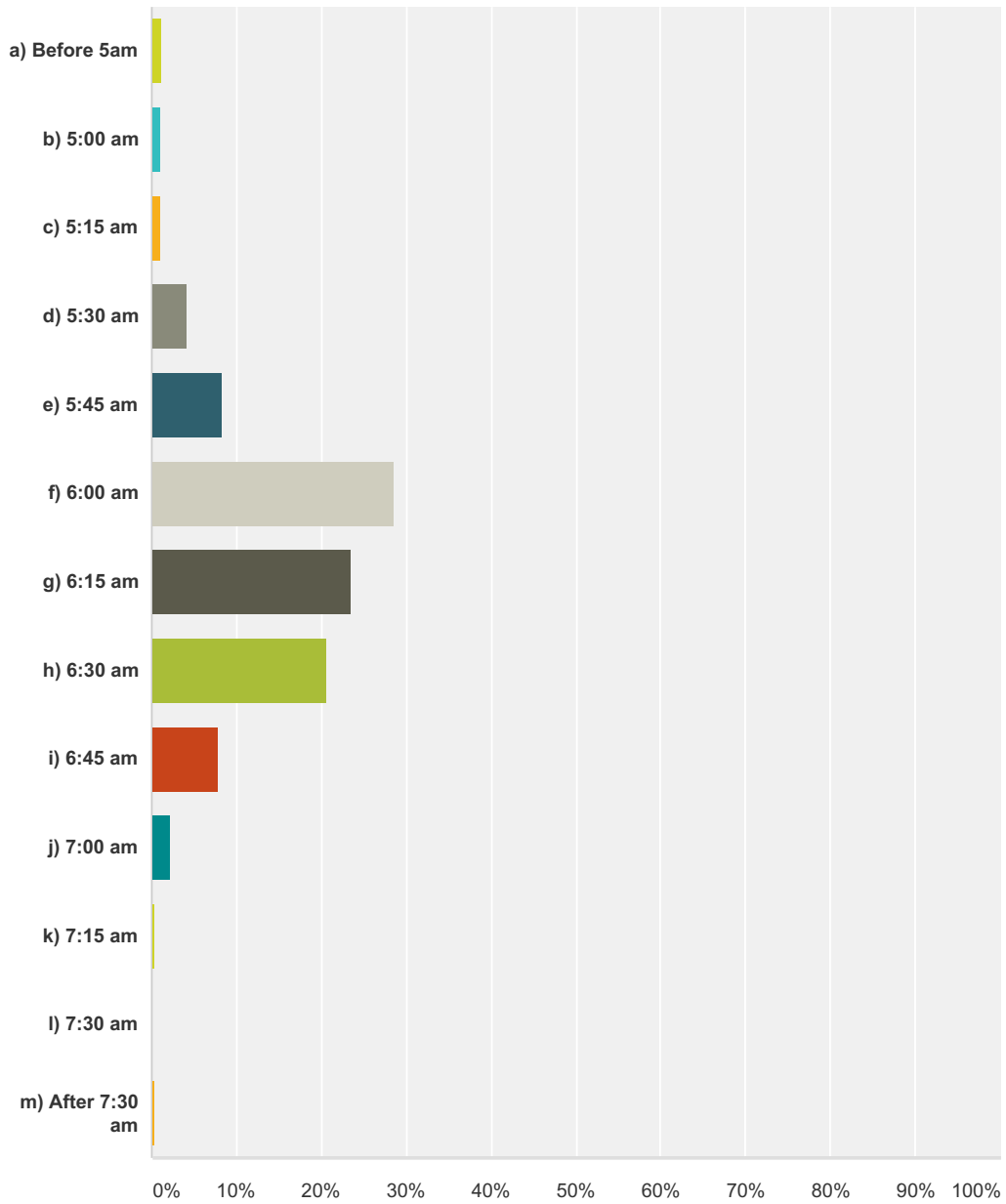
Sleep Survey

t) 1:00 am	4.33%	52
u) 1:15 am	1.16%	14
v) 1:30 am	1.50%	18
w) 1:45 am	0.83%	10
x) 2:00 am	1.33%	16
y) After 2:00 am	1.41%	17
Total		1,202

Sleep Survey

Q4 4) What time do you typically awaken on school mornings?

Answered: 1,200 Skipped: 4



Answer Choices	Responses
a) Before 5am	1.17% 14
b) 5:00 am	1.08% 13
c) 5:15 am	1.00% 12
d) 5:30 am	4.25% 51
e) 5:45 am	8.42% 101

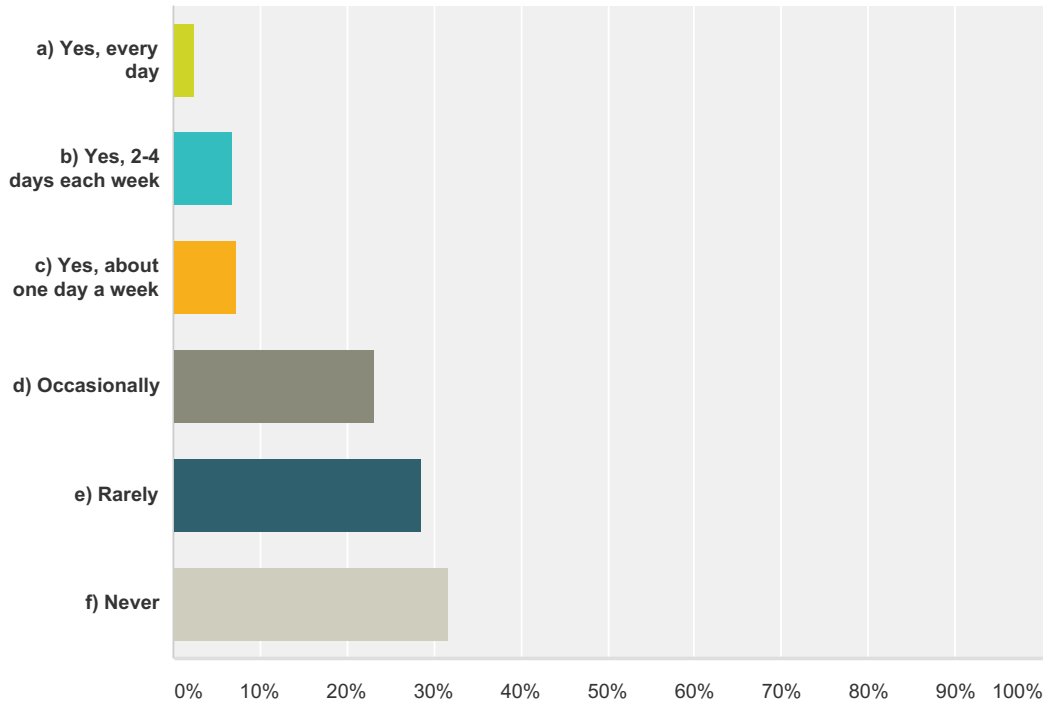
Sleep Survey

f) 6:00 am	28.58%	343
g) 6:15 am	23.50%	282
h) 6:30 am	20.75%	249
i) 6:45 am	8.00%	96
j) 7:00 am	2.25%	27
k) 7:15 am	0.42%	5
l) 7:30 am	0.08%	1
m) After 7:30 am	0.50%	6
Total		1,200

Sleep Survey

Q5 5) Do you ever fall asleep in class?

Answered: 1,200 Skipped: 4

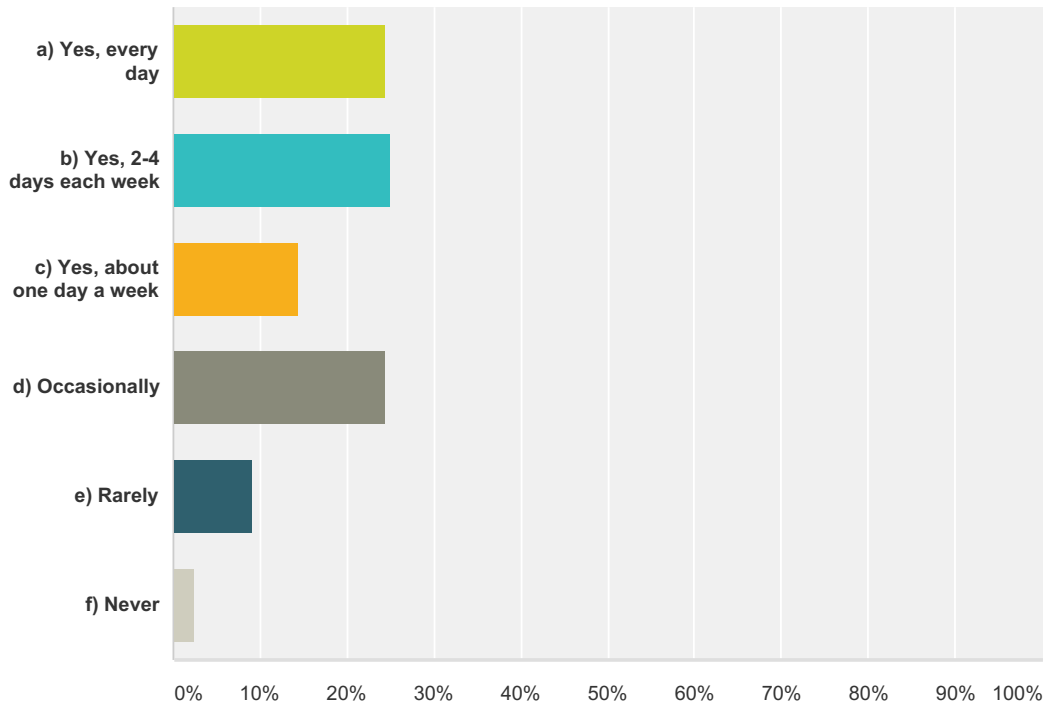


Answer Choices	Responses
a) Yes, every day	2.42% 29
b) Yes, 2-4 days each week	6.92% 83
c) Yes, about one day a week	7.33% 88
d) Occasionally	23.08% 277
e) Rarely	28.50% 342
f) Never	31.75% 381
Total	1,200

Sleep Survey

Q6 6) Do you ever have a hard time focusing in class due to feeling sleepy?

Answered: 1,200 Skipped: 4

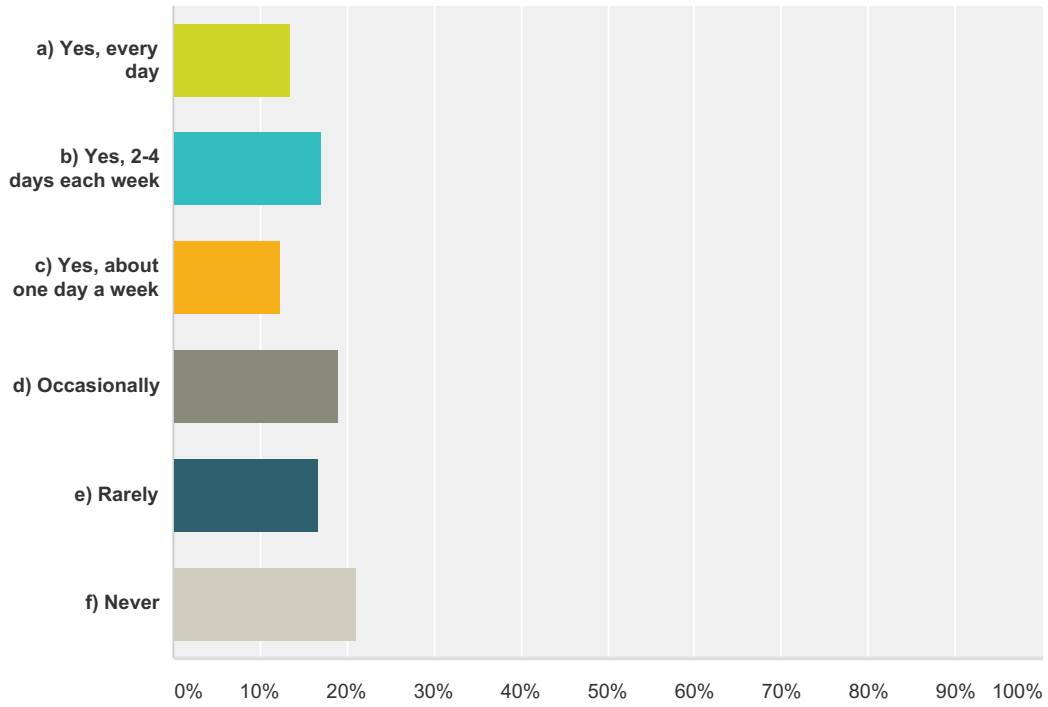


Answer Choices	Responses
a) Yes, every day	24.42% 293
b) Yes, 2-4 days each week	25.00% 300
c) Yes, about one day a week	14.42% 173
d) Occasionally	24.50% 294
e) Rarely	9.17% 110
f) Never	2.50% 30
Total	1,200

Sleep Survey

Q7 7) Do you ever take a nap after school?

Answered: 1,200 Skipped: 4

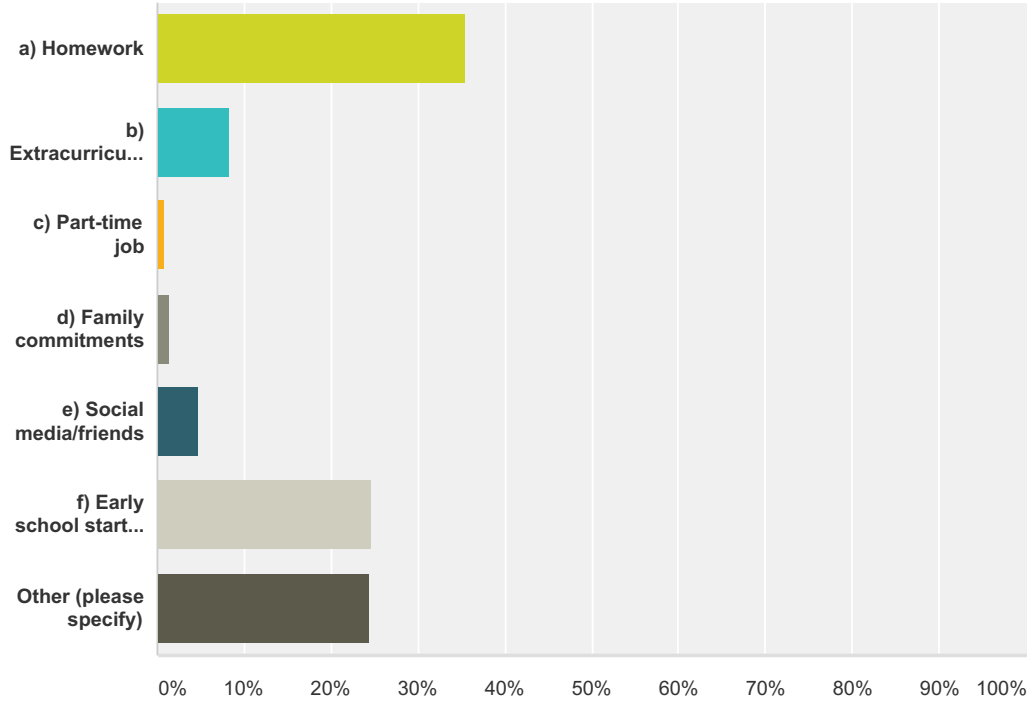


Answer Choices	Responses
a) Yes, every day	13.58% 163
b) Yes, 2-4 days each week	17.08% 205
c) Yes, about one day a week	12.42% 149
d) Occasionally	19.00% 228
e) Rarely	16.75% 201
f) Never	21.17% 254
Total	1,200

Sleep Survey

Q8 8) What, if anything, interferes with you getting enough sleep at night? (Please check all that apply)

Answered: 1,184 Skipped: 20



Answer Choices	Responses
a) Homework	35.39% 419
b) Extracurricular activities	8.36% 99
c) Part-time job	0.84% 10
d) Family commitments	1.44% 17
e) Social media/friends	4.90% 58
f) Early school start time	24.58% 291
Other (please specify)	24.49% 290
Total	1,184

#	Other (please specify)	Date
1	homework, family commitments and social medias	6/22/2015 6:30 AM
2	I cant check all that apply so homework, part-time job, girlfriend and early school start time	6/14/2015 11:22 PM
3	it did not allow me to check all that apply but Homework, part-time job, and early school start time	6/11/2015 12:31 AM
4	homework, sports, early school start time (wow what a triple threat!)	6/10/2015 8:56 PM

Sleep Survey

5	You can only check one so I'll respond here. Mainly, it's homework, but it is difficult to get it done in a timely matter because of the extracurriculars, family commitments, and early start time on top of the sheer amount of it. Also, children are biologically programmed to be asleep between 5 and 7 (if I remember correctly) and we are not able to sleep then if we want to get to school on time.	6/10/2015 1:07 PM
6	homework, extracurriculars, early school start time	6/10/2015 11:01 AM
7	Both homework and early school start time (a and f)	6/10/2015 9:07 AM
8	Social media/friends, extracurriculars	6/9/2015 9:51 PM
9	You didn't make this question open to multiple responses as you indicated, but my responses would have been a) Homework, b)Extracurriculars, and f) Early School Start Time	6/9/2015 7:48 PM
10	won't let me check more than one so I'll list them: Homework and early school start time	6/9/2015 11:50 AM
11	It doesn't let me check more than one choice so I am writing them: Homework, Extracurricular activities, family commitments	6/9/2015 9:23 AM
12	all	6/8/2015 10:08 PM
13	Homework, Extracurriculars, and Family commitments.	6/8/2015 9:40 PM
14	Homework, Extracurricular activities, Early school start time, and procrastination all apply	6/8/2015 9:24 PM
15	my laptop wouldnt let me click all that apply but i wouldve checked all except for the part-time job	6/8/2015 7:58 PM
16	d, e, f	6/8/2015 6:21 PM
17	a,b,c,e	6/8/2015 6:00 PM
18	I stay up listening to music	6/8/2015 3:13 PM
19	I can't check more than one so: Homework, extracurricular activities, early school start time. z	6/8/2015 2:38 PM
20	Not able to check multiple. A, B, E, F all apply	6/8/2015 2:18 PM
21	Only able to check one, but Homework, Extracurricular activities, and Early school start time all apply	6/8/2015 1:39 PM
22	HW, Extracurriculars	6/8/2015 1:28 PM
23	All the above	6/8/2015 1:04 PM
24	A, B, E, F	6/8/2015 12:49 PM
25	All of the above	6/8/2015 12:27 PM
26	Homework, extracurricular activities, friends, early school start time	6/8/2015 12:21 PM
27	All but job and social media	6/8/2015 12:06 PM
28	distracted by my phone	6/8/2015 12:03 PM
29	a combination of homework, job, and extracurricular activities	6/8/2015 11:34 AM
30	IB: homework and extracurricular activities	6/8/2015 11:00 AM
31	homework, extracurricular activities, sports, early school start time. ALL OF THE ABOVE!!!!!!!!!!	6/8/2015 10:58 AM
32	ALL THE OPTIONS	6/8/2015 10:43 AM
33	a, b, d, e, f, along with the wanting to read or do something i enjoy	6/8/2015 10:25 AM
34	Everything on this list besides part time job	6/8/2015 10:16 AM
35	<div style="background-color: black; width: 100%; height: 1.2em;"></div>	6/8/2015 10:11 AM
36	homework, Extracurricular activities, social media / friends	6/8/2015 10:04 AM
37	Homework, Stress, Trying to have fun that night so I don't go insane the next day.	6/8/2015 9:55 AM
38	i STAY UP LATE DOING HOMEWORK	6/8/2015 9:47 AM
39	Homework, social media/friends,extra-activites	6/8/2015 9:46 AM

Sleep Survey

40	Early school Start time, Studying, sports	6/8/2015 9:37 AM
41	Homework and Early school start time	6/8/2015 9:31 AM
42	School, extracurricular activities, and early school start time.	6/8/2015 9:26 AM
43	all of the above	6/8/2015 9:17 AM
44	Homework, Extracurricular activities, Part-Time Job	6/8/2015 9:13 AM
45	home work extracurricular and social media	6/8/2015 8:58 AM
46	b, c, e, f, a	6/8/2015 8:48 AM
47	Homework and Early School Start Time	6/8/2015 8:42 AM
48	studying	6/8/2015 8:22 AM
49	Both A and B	6/8/2015 8:20 AM
50	All of the above	6/8/2015 8:16 AM
51	that's how our sleep cycles work- late to bed late to rise	6/8/2015 8:09 AM
52	tv	6/8/2015 7:51 AM
53	You can't check more than one, so Homework, Family Commitments, Early School Start, Extracurricular	6/8/2015 7:38 AM
54	f and e (I could not check more than one at a time)	6/8/2015 7:28 AM
55	Both homework and extracurricular activities	6/8/2015 7:12 AM
56		6/8/2015 6:53 AM
57	A, B, and F.	6/8/2015 6:36 AM
58	poor time management	6/8/2015 6:13 AM
59	since google will only allow me to choose 1; a, b, e, f	6/8/2015 4:01 AM
60	ALL OF THE ABOVE (except for part-time job)	6/8/2015 2:29 AM
61	Homework, Early school start time, job, social media	6/8/2015 12:12 AM
62	Homework, extracurriculars, friends, job, trying to write on the side	6/7/2015 11:40 PM
63	I can;t check more than one option.... a, b, f	6/7/2015 11:37 PM
64	Homeword, Extracurricular activities, early school start time	6/7/2015 11:09 PM
65	a-c, f	6/7/2015 10:16 PM
66	homework and social media	6/7/2015 10:01 PM
67	Stress and Early school start time	6/7/2015 9:33 PM
68	homework, early school time, friends, and extracurricular activities	6/7/2015 9:20 PM
69	Cannot select more than one, but sports and homework	6/7/2015 9:11 PM
70	All of the above	6/7/2015 9:01 PM
71	all except the job apply, the survey won't let me select them all	6/7/2015 8:59 PM
72	procrastination with hw.	6/7/2015 8:28 PM
73	teachers expecting me to go home and do 5 hours of homework on top of living my social life, being outside at all, spending time with my family, and relaxing to do something that I actually enjoy doing/ that will matter in my future, going to bed late because of it, waking up before the sun so i can sit in a grey classroom for a like eight hours figuring out what X could possibly equal.	6/7/2015 7:54 PM
74	A, b, e, and f	6/7/2015 7:46 PM
75	Job, Homework, family time and sports	6/7/2015 7:32 PM

Sleep Survey

76	wont let me check multiple things so A, B, C, D,E,F	6/7/2015 7:06 PM
77	I clicked other because sometimes it is homework, sometimes it is family commitments, rarely social media, and school does start early (it would be great to get up later but then we would leave school later which i feel is wore). Also sometimes I just cannot sleep.	6/7/2015 7:01 PM
78	insomnia	6/7/2015 6:40 PM
79	Netflix/ youtube	6/7/2015 6:37 PM
80	homework, early school, studying, friends/family stuff	6/7/2015 6:27 PM
81	playing video games	6/7/2015 6:02 PM
82	Homework, Extracurricular activities and Early School start time	6/7/2015 5:26 PM
83	Homework, Part-time Job, Social media/friends, and early school start time (definitely!)	6/7/2015 5:25 PM
84	I can only check one: Homework, Extracurriculars, and Family/Social Commitments	6/7/2015 5:03 PM
85	Internet, thinking, pets.	6/7/2015 4:47 PM
86	both homework and extracurricular activities	6/7/2015 4:47 PM
87	homework, part time job, family commitments	6/7/2015 4:38 PM
88	Games and HW	6/7/2015 4:15 PM
89	it won't let me check off multiple, so a, b, d, e, f	6/7/2015 4:04 PM
90	homework, early school start time also is probably main one	6/7/2015 4:00 PM
91	homework, social media/friends, early school start time, stress	6/7/2015 3:43 PM
92	a, b, e, f	6/7/2015 3:16 PM
93	All of the Above	6/7/2015 3:04 PM
94	A,B,E	6/7/2015 2:59 PM
95	would not let me click multiple but homework, and sports/extracurricular	6/7/2015 2:37 PM
96	Weather	6/7/2015 2:33 PM
97	homework, extracurriculars, SCHOOL START TIME	6/7/2015 12:37 PM
98	a, b, e, f,\	6/7/2015 12:24 PM
99	It won't let me check both so both Homework and Early School Start time interfere with me getting enough sleep at night.	6/7/2015 12:24 PM
100	all of the above excluding social media and job	6/7/2015 11:44 AM
101	Homework, Extracurricular activities and an early school start time	6/7/2015 11:24 AM
102	a, b, c	6/7/2015 11:24 AM
103	All of the above excluding part time job.	6/7/2015 11:23 AM
104	Homework, extracurriculars, stress, procrastination	6/7/2015 11:00 AM
105	Can only check one: F & A are the two biggest problems for me	6/7/2015 10:55 AM
106	Things that bothered me	6/7/2015 10:47 AM
107	Both HW and early start time, it wouldn't let me select multiple bubbles.	6/7/2015 10:35 AM
108	can't click all at once: Homework, Social media/friends	6/7/2015 10:16 AM
109	homework and sports	6/7/2015 9:10 AM
110	a) b) d) and f)	6/7/2015 6:57 AM
111	Homework, extra cirriculars, part time job, early start time and family commitments. I don't have time to socialize and meet the standard expecptaions of the district/my parents/colleges.	6/7/2015 12:13 AM

Sleep Survey

112	homework, Social media/friends	6/7/2015 12:09 AM
113	school stress	6/6/2015 11:55 PM
114	It will only let me check one so, Homework, extracurriculars and early start time. I also feel since there is so much teasing its not just homework but studying	6/6/2015 11:37 PM
115	The options are broken, it says "Check all that apply" but I can only check one... A) Homework B) Extracurricular activities F) Early School Start Time	6/6/2015 11:10 PM
116	ALL OF THE ABOVE	6/6/2015 11:06 PM
117	Insomnia	6/6/2015 10:22 PM
118	Noises	6/6/2015 10:11 PM
119	Apparently, I can't check all that apply, so it's Sleep, Family, and Friends (not social media)	6/6/2015 9:13 PM
120	I was only able to select one, but it is both homework and extracurriculars	6/6/2015 9:09 PM
121	A, B, F	6/6/2015 8:56 PM
122	Homework (pressure to take hard classes to be 'exceptional'), early start time, extracurriculars, social media (sorry the boxes wouldn't let me check more than 1 off)	6/6/2015 8:50 PM
123	All of the above (unable to check more than one)	6/6/2015 8:44 PM
124	Homework and a short attention span	6/6/2015 7:40 PM
125	homework, school start time and extracurricular activities. (Won't let me select more than one)	6/6/2015 7:21 PM
126	(It won't let me check all that apply) Homework, extracurricular activities, early school start time	6/6/2015 6:21 PM
127	Since the multiple checks aren't working, homework, extracurricular activities and friends interfere with my sleep	6/6/2015 5:24 PM
128	All of the above	6/6/2015 5:14 PM
129	(could not check all that apply) Homework, extracurricular activities, social media/friends, early school start time	6/6/2015 4:47 PM
130	All of the above	6/6/2015 4:16 PM
131	And homework	6/6/2015 4:07 PM
132	Homework, studying	6/6/2015 4:03 PM
133	I cant check more than one but Homework and early school start time	6/6/2015 3:49 PM
134	all of the above except c (i cant check more than one box)	6/6/2015 3:48 PM
135	All the above	6/6/2015 3:26 PM
136	all of the above but it won't let me check more than one	6/6/2015 3:21 PM
137	I can't check more than one box so my answers are a), b), e), and f)	6/6/2015 3:20 PM
138	All except part-time job (it didn't allow me to click more than one)	6/6/2015 3:04 PM
139	Homework, extracurricular activities, early school start time, family commitments, friends	6/6/2015 2:55 PM
140	Before school seminary, homework, work.	6/6/2015 2:41 PM
141	a,b,d,e,f	6/6/2015 2:29 PM
142	it only lets me check one, but A, B, C, D, and F.	6/6/2015 2:07 PM
143	(I couldn't click on multiple buttons) Homework, extracurricular activities, social media, early school start time	6/6/2015 2:07 PM
144	A and F	6/6/2015 1:27 PM
145	The multiple checking of boxes did not work so I will write my answer down here. I do a lot of extra curricular activities and many of them, specifically music and religious school run late into the night. However, I think that I could easily go to bed earlier if I tried	6/6/2015 1:24 PM
146	It wouldn't let me check more than one thing but definitely everything besides a part-time job	6/6/2015 1:15 PM

Sleep Survey

147	I can't check all that apply, so I'll type here: homework, extracurricular activities, and early school start time.	6/6/2015 1:12 PM
148	All the above beside family commitments and part time job.	6/6/2015 1:09 PM
149	homework, extracurriculars, and early school start time (the survey would not let me check multiple options)	6/6/2015 1:09 PM
150	Homework, Extracurricular Activities, Social Media/Friends, Early School Start Time	6/6/2015 12:48 PM
151	All of these except for the job	6/6/2015 12:42 PM
152	all above	6/6/2015 12:34 PM
153	(Survey won't allow me to check all that apply) Homework, Extracurriculars, Family, Friends, Early start time.	6/6/2015 12:32 PM
154	It wouldn't let me choose several, but homework , job, extracurricular things and waking up early	6/6/2015 12:28 PM
155	Homework, Extracurriculars, Early start time (it doesn't allow you to choose multiple answers)	6/6/2015 12:26 PM
156	A, B, D, E, and F	6/6/2015 12:19 PM
157	Homework and Social media	6/6/2015 11:55 AM
158	homework, extra curriculars, early school start time (I couldn't check more than 1)	6/6/2015 11:55 AM
159	A combination of homework and extracurriculars and early start time	6/6/2015 11:55 AM
160	It wouldn't let me check all that apply, so: Homework, Extracurricular activities, early school start time	6/6/2015 11:33 AM
161	Tests and Homework	6/6/2015 11:27 AM
162	a,b,f,d	6/6/2015 11:20 AM
163	ONLY lets me choose one answer and all of the above except c and d	6/6/2015 11:03 AM
164	It's more having to study for tests and do projects all while getting home late from sports. I also often have another sport outside of school or I'm tutoring someone which takes up a lot more time.	6/6/2015 10:51 AM
165	Homeowork, extracurricular activities, family, friends, I need breaks. Students can't wake up go to school, do a sport, come home and do more school work right away.	6/6/2015 10:38 AM
166	Homework, extracurricular activities, part time job	6/6/2015 10:22 AM
167	Homework, extracurricular activities, studying	6/6/2015 10:03 AM
168	A and C (I couldn't click more than one)	6/6/2015 9:59 AM
169	Homework and early school start time. Was unable to select both responses.	6/6/2015 9:39 AM
170	A, b and f	6/6/2015 9:31 AM
171	It is impossible to check all that apply; but I would have picked a,b,e, and f.	6/6/2015 8:51 AM
172	Sports	6/6/2015 8:28 AM
173	It does not let me check multiple but A, B, C, and F are the largest contributors. Especially F	6/6/2015 7:03 AM
174	Homework, Early wake-up Time, extra activities	6/6/2015 6:51 AM
175	Homework, outside of school sports, family commitments and my lack of concentration	6/6/2015 6:16 AM
176	Early start time, homework, extracurricular activities	6/6/2015 2:42 AM
177	all of the above!	6/6/2015 12:54 AM
178	G	6/6/2015 12:43 AM
179	a, b, and f	6/6/2015 12:38 AM
180	Homework, social media, early school start time.	6/5/2015 11:58 PM
181	combination of homework/early school start/extra curriculars	6/5/2015 11:57 PM
182	A,B, D, E, F,	6/5/2015 11:47 PM
183	Would not allow me to check all of the ones that apply: A, B, D, E, F; also: anxiety; concern for the safety of others	6/5/2015 11:45 PM

Sleep Survey

184	A, B, and F	6/5/2015 11:44 PM
185	your survey doesn't work for check all that apply but homework extra curricula's family commitments and early school start times all prevent me from getting enough sleep	6/5/2015 11:43 PM
186	a, b, e, f	6/5/2015 11:31 PM
187	would not let me select multiple so: a, b, f	6/5/2015 11:30 PM
188	personal issues	6/5/2015 11:21 PM
189	a-b-d-e-f	6/5/2015 11:18 PM
190	All except D and E	6/5/2015 11:15 PM
191	It won't let me check more than one so: Homework, Extracurricular activities, Early school start time, procrastination	6/5/2015 11:15 PM
192	Choices: A, B, E, F	6/5/2015 10:56 PM
193	It wouldn't let me do more than one so- a,b,c,f	6/5/2015 10:47 PM
194	Combination of Homework and Extracurricular activities.	6/5/2015 10:47 PM
195	homework, extracurriculars, social media/friends, early school start time	6/5/2015 10:40 PM
196	Stress from school work	6/5/2015 10:37 PM
197	Only lets you check one but homework, extracurricular activities, family commitments, social media/friends, and early school start time.	6/5/2015 10:33 PM
198	All of the above	6/5/2015 10:29 PM
199	Homework, Extracurricular Activities, Early School Start Time	6/5/2015 10:28 PM
200	Homework, job, school start time	6/5/2015 10:27 PM
201	It won't let me click them all at once, so a), b), c) d), e) and f)	6/5/2015 10:21 PM
202	All of the options given	6/5/2015 10:14 PM
203	procrastination	6/5/2015 10:09 PM
204	Since I am not able to check all of these, it is homework, extracurriculars, family, and social media	6/5/2015 10:08 PM
205	can't check multiple things, so a, f	6/5/2015 10:00 PM
206	a,b,d,e,f	6/5/2015 9:58 PM
207	All of them	6/5/2015 9:58 PM
208	All the above	6/5/2015 9:55 PM
209	wont let me check more than so a,b,e,f	6/5/2015 9:55 PM
210	Motocross	6/5/2015 9:54 PM
211	Multiple of those xhoices; extra curriculars, early school start time, and MOSTLY homework	6/5/2015 9:50 PM
212	Too many tests essays and projects	6/5/2015 9:48 PM
213	A,B,F	6/5/2015 9:40 PM
214	stress	6/5/2015 9:35 PM
215	Because it didn't allow me to check multiple: Homework, Extracurricular activities, and Social media/friends	6/5/2015 9:34 PM
216	homework and extracurriculars	6/5/2015 9:31 PM
217	All of the above	6/5/2015 9:28 PM
218	A, B, E, & F	6/5/2015 9:22 PM
219	I could not check all that applied, but my answers are: homework, extracurricular activities, and family commitments	6/5/2015 9:11 PM

Sleep Survey

220	Only one option available for selection, but all except job commitments apply.	6/5/2015 8:59 PM
221	Job, piano lessons, gym time, social media, sat prep, driving lessons, a cappella practice, homework	6/5/2015 8:57 PM
222	Swimming practice early morning	6/5/2015 8:50 PM
223	Homework, extracurriculars, social media, early start, and family commitments	6/5/2015 8:48 PM
224	Can't check all- also friends, early start time, extracurriculars, homework	6/5/2015 8:46 PM
225	All of these	6/5/2015 8:42 PM
226	Earl school start time and counterstrike	6/5/2015 8:40 PM
227	homework, sports, part-time job, family, friends, early school start time	6/5/2015 8:39 PM
228	It won't let me check more than one: homework, extracurricular activities, competitive sports, early school start time, basic human time (showering, resting, eating, talking to parents for once)	6/5/2015 8:35 PM
229	Early school start time	6/5/2015 8:21 PM
230	Homework and extracurriculars (my phone won't let me pick more than one option)	6/5/2015 8:18 PM
231	it doesn't let me click more than one so i'll just list the ones that apply: homework, extracurricular activities, family commitments, social media/friends, and early school start time	6/5/2015 8:13 PM
232	None	6/5/2015 8:10 PM
233	All of those	6/5/2015 7:57 PM
234	worries/anxiety	6/5/2015 7:53 PM
235	Violin	6/5/2015 7:50 PM
236	All of the above. Especially homework and sports though	6/5/2015 7:48 PM
237	a, b, e, f	6/5/2015 7:47 PM
238	a, b, e, f,	6/5/2015 7:44 PM
239	Homework and Extracurriculars.	6/5/2015 7:42 PM
240	Early school start time, Homework, and Extracurriculars	6/5/2015 7:41 PM
241	It didn't let me check more than one, so I'm going to make my own list. Homework, extracurricular activities, family commitments, and the early school start time.	6/5/2015 7:29 PM
242	Since the survey doesn't allow me to select multiple choices: Homework, sports, and early school start time interferes with getting enough sleep.	6/5/2015 7:25 PM
243	a, b, e, and f all apply	6/5/2015 7:24 PM
244	Incredible emphasis on early school start times	6/5/2015 7:23 PM
245	I just have a lot of trouble falling asleep. Sometimes I'll lay in my bed for two hours and just not feel tired at all.	6/5/2015 7:23 PM
246	A and e (and sometimes c and d)	6/5/2015 7:21 PM
247	early school start time and homework	6/5/2015 7:21 PM
248	Caffeine + early school start time	6/5/2015 7:16 PM
249	Homework, extracurricular activities	6/5/2015 7:14 PM
250	Homework, Extracurriculars, Social Media	6/5/2015 7:13 PM
251	homework, extracurricular, early school start	6/5/2015 7:13 PM
252	Homework, Extracurricular(sometimes), social media(occasionally), early school start time, procrastination(sometimes)	6/5/2015 7:06 PM
253	Homework, extra-curricular activities, social media and early scho start time	6/5/2015 7:04 PM
254	all of these	6/5/2015 7:03 PM

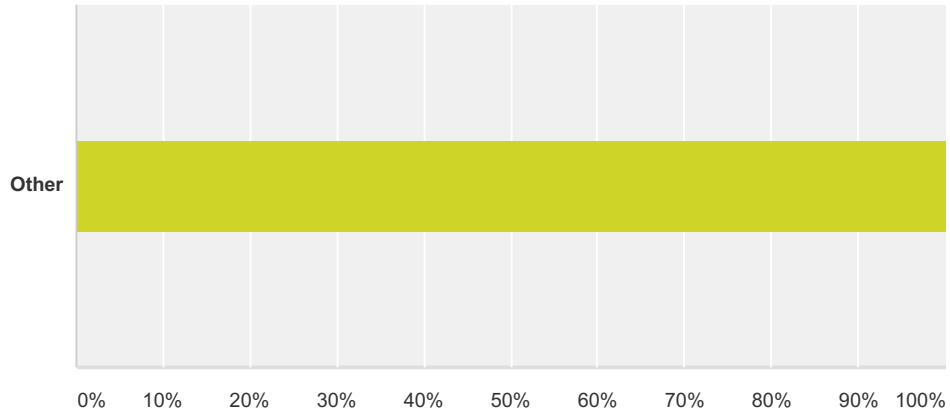
Sleep Survey

255	Homework, extra-curriculars, commitments and more	6/5/2015 7:02 PM
256	Homework, extracurricular, and family	6/5/2015 7:02 PM
257	a, b, d, e, f	6/5/2015 7:01 PM
258	All of the above (except part time job)	6/5/2015 6:57 PM
259	Recreation after a lot of work	6/5/2015 6:57 PM
260	a, b, e, f	6/5/2015 6:51 PM
261	Stress/ in general it usually takes me a while to fall asleep on school nights.	6/5/2015 6:48 PM
262	A, B, D, E, F	6/5/2015 6:45 PM
263	Homework and early start time, my device wouldn't let me check multiple	6/5/2015 6:44 PM
264	early start, homework, social media, extracurricular activities	6/5/2015 6:44 PM
265	You cannot check more than one so homework, extracurriculars, part time job	6/5/2015 6:38 PM
266	Personal Optimal Health practices, including cooking all my own food (1-3 hours per day)	6/5/2015 6:37 PM
267	A, B, and F	6/5/2015 6:35 PM
268	a, b, e, f	6/5/2015 6:33 PM
269	tests	6/5/2015 6:31 PM
270	a, b, f	6/5/2015 6:31 PM
271	Television	6/5/2015 6:29 PM
272	All of the above	6/5/2015 6:23 PM
273	From homework to family and friends, I like to stay active but it's a pain the next day trying to focus in creative writing or chemistry due to the lack of sleep.	6/5/2015 6:22 PM
274	It wont allow me to select more than one option so: A, B, D, and F	6/5/2015 6:20 PM
275	Early school start time, homework, social media/friends	6/5/2015 6:17 PM
276	Early school start time, homework, and extracurricular activities	6/5/2015 6:17 PM
277	homework and extracurriculars	6/5/2015 6:17 PM
278	A, B, C, D, E, and F	6/5/2015 6:15 PM
279	Homework, Extracurricular activities, part-time job	6/5/2015 6:14 PM
280	a) Homework, f) Early school start time XXXXXXXXXX	6/5/2015 6:13 PM
281	all of the above	6/5/2015 6:13 PM
282	Sleeping issues.	6/5/2015 6:11 PM
283	Homework, early school start time, extracurricular activities, playing on the computer	6/5/2015 6:10 PM
284	A, B, F	6/5/2015 6:09 PM
285	It wouldn't let me check multiple boxes. I would say a, b, e, f	6/5/2015 6:09 PM
286	A, b, d, f -- survey does not allow you to check all that apply	6/5/2015 6:08 PM
287	A, B, D, E, and F	6/5/2015 6:07 PM
288	A, b, d, f	6/5/2015 6:04 PM
289	homework, early start time, extracurriculars,	6/5/2015 6:04 PM
290	TV	6/5/2015 6:03 PM

Sleep Survey

Q9 9) Please feel free to describe how (if at all) your sleep patterns and amounts have affected your high school experience.

Answered: 429 Skipped: 775



Answer Choices	Responses
Other	100.00% 429
Total	429

#	Other (please specify)	Date
1	it did affect a lot my social skills, i was just in my zone and irritated very quickly and i would stress a lot more	6/22/2015 6:30 AM
2	The less I sleep the more work I get done the better grades I get the better college i get into and that truly is all kids care about its not learning its grades I don't learn a thing thats false I have learned how to memorize really well.	6/14/2015 11:22 PM
3	Made me more tired so could not enjoy it as much.	6/11/2015 6:12 PM
4	school stresses me out so i stay up later to avoid waking up in the morning, which i need to set an alarm an hour earlier to gain enough motivation to get out of bed	6/11/2015 5:13 PM
5	A lot less sleep	6/10/2015 8:56 PM
6	It makes me more tired and when I'm tired I don't pay attention very much so I am not getting a full educaton	6/10/2015 1:22 PM
7	Hardworking kids are frequently running on less than 3 hours of sleep. I've had times when I was excited to get to sleep before 11 because it was such a rare occurrence. It's really a problem.	6/10/2015 1:07 PM
8	I never feel refreshed when i wake up in the morning and working becomes significantly more difficult	6/10/2015 11:01 AM
9	Waking up every morning is a challenge, and my motivation to get out of bed diminishes with each day until summer. By the the time school starts in September, my incentive to wake up has been renewed.	6/10/2015 9:07 AM
10	I got headaches somewhat often, and get distracted very easily during class.	6/9/2015 9:51 PM
11	Overall my enjoyment of class and the material was decreased due to less sleep, and the biggest causal factor was absolutely homework. Homework, with little to no exception, is most often busy work and not beneficial to my learning experience, I found lecture and group discussion to be immensely more informative. As a 3 season, 3 sport athlete I simply refused to waste my time after practice and competition on an assignment I know my teacher couldn't care less about. Waking up at 6:00am, only to return home at 6:00pm, means with the ideal 8 hours of sleep only 4 hours would be left in a 24-hour day for a family meal and personal time. If each class assigns 30 minutes of homework a night, the average 6 class student would have 1 hour a day for dinner, a shower, and bedtime preparation. That is fully inadequate and unrealistic.	6/9/2015 7:48 PM

Sleep Survey

12	I'm not going to get into a good college.	6/9/2015 6:36 PM
13	I have a harder time paying attention and retaining information in class, leading to more studying, leading to less sleep and a repetitive cycle of exhaustion.	6/9/2015 1:19 PM
14	I have a much better time learning and living in school when I get more sleep. My day gets affected negatively when I can't wake up naturally, especially when it's not on enough sleep	6/9/2015 1:12 PM
15	I stop coming to school as much because i sleep in and i rarely grt homework done on time.	6/9/2015 12:46 PM
16	feeling tired almost all during the weekdays	6/9/2015 12:43 PM
17	for my morning classes it can be very difficult to concentrate sometimes and interferes with learning. I wish school started later (maybe around 8)	6/9/2015 11:50 AM
18	They make it worse in every single way. I enjoy it less, I learn less, and I dread school because of it.	6/9/2015 11:24 AM
19	The amount of sleep I get affects me in a classroom to being on the field. I can never give my best effort because I can't focus and I never have enough energy do play sports. I have cancelled many activities and plans due to my lack of sleep. Going to bed late and getting up extremely early affects me greatly.	6/9/2015 11:24 AM
20	Makes schoolwork seem extremely slow and sluggish.	6/9/2015 10:46 AM
21	I am really stressed out all the time, have trouble concentrating, focusing and remembering what I have previously learned. Teachers say to get a goodnight's rest but they give us so much homework it is impossible to perform well in school, sports, and get enough sleep. Harriton high school only lets a student pick two out of the four vital aspects of high school life: 1) Studies 2) Sports 3) Social Life 4) Sleep. It is IMPOSSIBLE to balance all four with school studies taking up almost all the afternoon time, especially if students who participate in sports (like me) don't get home until 7:30 every night. To get the recommended amount of sleep (9 hours) I would have to go to bed by 9:00. But that would only leave me with an hour and half to eat dinner, shower, and complete all my homework/study. I would just like teachers to know that in general, the students here work really hard and often don't do well on tests not due to a lack of effort and studying, but due to a lack of sleep.	6/9/2015 9:23 AM
22	I think homework is preventing me from getting the proper amount of sleep I need to get things done in school and outside of school	6/9/2015 9:13 AM
23	Sometimes I feel that I have to choose school over sleep, and that is not fair.	6/9/2015 8:15 AM
24	School starts to early, and it is causing my sleep schedule to be messed up. I always have to take a nap afterschool, and im always tired during school because of this horrible sleeping pattern.	6/9/2015 7:59 AM
25	don't feel like doing homework	6/9/2015 7:32 AM
26	I'm constantly tired	6/9/2015 6:56 AM
27	I feel that being exhausted constantly has greatly reduced my motivaton and my learning capacity	6/8/2015 9:40 PM
28	Being a senior who is done getting up at that ungodly hour, the difference is incredible. I feel extremely more focused during the day. I also feel way less stressed at night because I am not rushing to sleep.	6/8/2015 9:37 PM
29	I feel that my schedule or routinely being low on sleep has made it harder for me to concentrate, thus increasing the time it takes me to get my work done and ending up in a cycle.	6/8/2015 9:24 PM
30	im slept	6/8/2015 9:05 PM
31	It is really hard to wake up in the morning. It is also hard to focus when I am so tired and running on so few hours of sleep. Also, athletes who are expected to perform at a high level are waking up early, going to school, doing work, and exercising for many hours into the night. It gets done... but it is a pretty rough schedule on paper.	6/8/2015 8:33 PM
32	its harder to focus. waking up early is one thing then waking up early and having to do work with that causes a lot of stress in teenagers.	6/8/2015 7:58 PM
33	Ruined	6/8/2015 5:19 PM
34	When When I'm tired in school I feel it effects my learning and makes me enjoy school less.	6/8/2015 3:09 PM
35	I Try But I'm always so tired unless I get like 11 hours of sleep.	6/8/2015 2:38 PM
36	General lethargy, less participation, focus, and critical thinking are all consequences of early school start time.	6/8/2015 1:39 PM
37	Less HW=More Sleep=More Efficient Classwork= Enhanced Learning Experience	6/8/2015 1:28 PM

Sleep Survey

38	They've improved it dramatically, though I would recommend the schoolday starts an hour earlier around 6:30 instead of 7:30, so there's more time in the schoolday.	6/8/2015 12:57 PM
39	Mornings are almost always slow, and by the afternoon feeling drained is almost universal among students	6/8/2015 12:21 PM
40	I didn't get to take full advantage of every class	6/8/2015 12:11 PM
41	The work load compared to sports makes sleep not as easy.	6/8/2015 12:06 PM
42	I'm not sure what you mean.	6/8/2015 12:05 PM
43	Students generally have the choice to pick two out of three things: social life, sleep, and academic life. Personally, would be nearly impossible to sleep for as long as the recommended minimum for kids our age because of homework and stress. I have trouble falling asleep when I am stressed, then in school I am tired and have trouble focusing, and I have to work harder and stay up later in order to keep my grades from suffering.	6/8/2015 11:56 AM
44	since starting highschool i have found that i need more sleep to keep energized throughout the day	6/8/2015 11:50 AM
45	I feel I don't get enough sleep and cannot function to my fullest abilities	6/8/2015 11:47 AM
46	I feel that my sleep patterns have harmed my performance in school. It has caused a decrease in quality of work and focus.	6/8/2015 11:34 AM
47	It would be beneficial for school to begin at a later time for students and teachers alike, because the school day will be more useful when the brain is not tired or half asleep in mornings.	6/8/2015 11:27 AM
48	My sleeping pattern interferes with my academic experience because i do not have the energy/motivation to focus on school during the day because im simply sleepy and tired. I have a part-time job and i try my best to work around that but sometimes its just hard to do so.	6/8/2015 11:17 AM
49	Workload has never been a problem for me even though I do after school activities and sports that result in me getting home as late as 8:00 pm, however that means putting sleep at the bottom of my priorities. Especially, next year I will be a junior and taking 3 AP classes the only way I can possibly manage my work is jeopardizes my sleep. I only get 4 hours minimum a night and crash as soon as I get home because I'm so tired. Which makes it difficult for me to do work to my full potential because I can't focus with the lack of sleep.	6/8/2015 10:58 AM
50	get a lot of sleep	6/8/2015 10:55 AM
51	if school started later then i would get the full amount of sleep and i would be more awake during class	6/8/2015 10:55 AM
52	I dread the morning because I have to get up.	6/8/2015 10:35 AM
53	I feel tired in school and feel like I dont have enough time to do the things I want to because of my lack of sleep	6/8/2015 10:25 AM
54		6/8/2015 10:11 AM
55	My sleep patterns are only influenced by school due to how early it starts, but overall it has only affected my focus.	6/8/2015 9:58 AM
56	on the nights where I get more sleep I feel better and more focused at school compared to the nights where I get little sleep and can't focus and get angry easily.	6/8/2015 9:55 AM
57	I can't focus as much in school because of the early start time. I mean, seriously. People in Minnesota have confirmed that that is bad for your health. Minnesota, of all things.	6/8/2015 9:42 AM
58	I do occasionally feel sleepy on bad days (which always seems to be Monday or a night before a big test for stressing). I chew gum on those days to help me wake up and listen to music but that's just my input	6/8/2015 9:40 AM
59	Focusing in class and memorization	6/8/2015 9:37 AM
60	sometimes i'm in a bad mood due to exhaustion; effects social and academic life	6/8/2015 9:34 AM
61	When I wake up, I look forward only to going back to sleep the next night. What with extracurriculars (necessary) and homework, it's hard to go to sleep before 10:30, which would be OK except for the waking up at 5/6 in the morning. Usually the waking up so early messes up my internal clock so that I wake up at 6 even on weekends and for the better part of the summer, which deprives me of sleep even when I don't have to wake up for a couple of hours.	6/8/2015 9:33 AM
62	I honestly love school and love learning. Doing well in school is my top priority, but I have lost much confidence in my ability to succeed due to concerns regarding my knowledge of the affects of lack of sleep. It not not only affects youu biologically, but also mentally like a placebo. Some changes in our behalf would be incredible.	6/8/2015 9:26 AM

Sleep Survey

63	I feel my lack of sleep due to all the work from school, and the early start time has caused me to not be attentive in class, my grades have slipped, and I am not as motivated to learn as well as I am not as motivated to study and have enthusiasm for school. The lack of sleep really makes me worse as a person. I have witnessed myself and countless others who get basically no sleep because of all the work and school pressures, and how it makes them less involved in school, and their attitudes toward school sky rocket down. I feel if we could have changes to help improve everyone's sleep patterns, the happiness of LMSD students as well as their performance on everyday activities in schools will go up extremely more than it is now. School is one of my biggest priorities, but it is also important for our health to get enough sleep, and school gets in a way of this. It is I feel the biggest problem at Harriton, I see it face everyone i know basically (especially myself) and I really hope it will change.	6/8/2015 9:25 AM
64	i can't enjoy anything in school. i cannot focus, i can barely form a sentence in class half the time, and add stress from everything onto that. there needs to be something done	6/8/2015 9:17 AM
65	I feel i would perform better with more sleep.	6/8/2015 8:49 AM
66	always grumpy	6/8/2015 8:48 AM
67	i m tired	6/8/2015 8:39 AM
68	I feel I would be much more successful in school if the starting time was later. It is scientifically proven that there are hormones that affect teenagers' sleeping patterns and that needs to be recognized in school. I wish I didn't fall asleep in school but I honestly can't help it. My lack of is the reason I get sick and have to stay home from school sometimes. I am overwhelmed with work and extracurricular activities and school starting time only hurts that.	6/8/2015 8:27 AM
69	It just makes me dread starting school on so many days	6/8/2015 8:16 AM
70	I have to stress about waking up early in the morning and it interferes with my work because I am rushing anf rushing to complete it so im not tired the next day. also, when I have sports practices after school I cant play to my full potential due to sleepiness.	6/8/2015 8:11 AM
71	I'm always tired... everyday I'm tired	6/8/2015 8:10 AM
72	it made the year feel much more difficult than it had to- mornings and nights were stressful because i was worried about getting enough sleep, and going to school so early makes me apathetic about learning	6/8/2015 8:09 AM
73	no comments	6/8/2015 8:06 AM
74	I am sleepy in the mornings but feel better towards 9-10am. I wish school started at 8.	6/8/2015 8:06 AM
75	It has greatly affected mine and others grades. I know for a fact that the amount of homework assigned to 50%+ far exceeds the homework time limit listed school policy #132 which states that no student will have more than 2 hours of hw a night (at senior year). most of my friends (tenth graders) already far exceed that number.	6/8/2015 8:03 AM
76	If i don't get enough sleep, I have a hard time learning at school.	6/8/2015 7:53 AM
77	i do not get enough sleep because of high school	6/8/2015 7:42 AM
78	Horribly	6/8/2015 7:38 AM
79	speaking for everybody, less sleep means less focus in class which makes you study more at home resulting in less sleep again, sort of a cycle	6/8/2015 7:33 AM
80	Sleep is a critical part of high school and life in general, and I believe that this important factor is being disrupted.	6/8/2015 7:32 AM
81	Not much, I was never a sleep person, so it does ot bother me.	6/8/2015 7:28 AM
82	Sometimes I am unable to pay attention in class and my tiredness causes more stress	6/8/2015 7:24 AM
83	My performance in some of my morning classes are sometimes poor because I am tired.	6/8/2015 7:12 AM
84	I feel like even though I had a lack of sleep I was still involved in class and activities.	6/8/2015 6:53 AM
85	They've impacted my social and academic life. Far from just getting slightly worse grades, they have set off my mood and may increase risk for emotional disabilities.	6/8/2015 6:36 AM
86	i feel like if i slept more and didn't do my homework in the morning i'd be the valedictorian or salutatorian	6/8/2015 4:01 AM
87	I am unable to focus as well in school and my sleep pattern is very bad.	6/8/2015 2:29 AM

Sleep Survey

88	I developed hatred against many of my classes, mostly against English and History for the absurd amount of work and uselessness of said work. Not only do they take away time from my sleep, but also time from my favorite subjects (Math and Sciences). I regret taking IB.	6/8/2015 12:18 AM
89	With hours of homework every night from each teacher, it is hard to get enough sleep and be focused for the upcoming day.	6/8/2015 12:12 AM
90	This year I started a sleep pattern of going to bed early and then waking up in the middle of the night to complete my work. This generally worked much better than expected.	6/7/2015 11:40 PM
91	If I had a different sleep schedule I could tell you, but as it stands I'm just used to feeling super tired at the end of each day.	6/7/2015 11:37 PM
92	Not getting enough sleep this year leaves me unable to focus during class time, and it can be attributed to a combination of extracurriculars, sports, and a large amount of homework. Teachers also have not planned their tests in cooperation with other teachers, which makes certain weeks particularly difficult to sleep, and even harder to focus. If limits and guidelines were set on homework amounts and test dates, I am sure students would feel better and more focused during the day and feel less cloudy for durations of class sets.	6/7/2015 11:14 PM
93	I eventually got used to getting little sleep, but, after a while, it would start to affect how I well I was absorbing information in class. Also, I generally had enough energy to make it through the first half of the day, but after lunch I would get distracted easily, and by the time I got home the last thing I wanted to do was homework. Rather, I would have liked to nap (and sometimes I did).	6/7/2015 11:09 PM
94	Because my sleepiness, causes my work habits to be off and throws off my whole day, school should start at a later time.	6/7/2015 10:47 PM
95	Due to the early start time of school yet the natural later circadian cycle of being a teenager I have had issues concentrating many times, especially in the morning.	6/7/2015 10:45 PM
96	I feel that my sleeping patterns affect my performance as a student because it's difficult to focus in a 7:30 class when all you're thinking about is going back to bed the second you get home.	6/7/2015 10:25 PM
97	I find myself stressed because i dont know how to find the balance between maintaining a healthy mental and physical state with sleep while also keeping work a priority. Its hard to stay motivated when you are still finishing work at 2 am and all you want to do is sleep but you do not want to have to go in the next day and risk losing the respect from teachers because you have to tell them that instead of doing their work you decided to sleep instead.	6/7/2015 10:16 PM
98	I barely get enough sleep , causing me to be sleepy during the day and not participate in class	6/7/2015 10:13 PM
99	I feel that the earlier starting time negatively affects my performance in academic activities.	6/7/2015 9:43 PM
100	homework is long, school is long, i am tired	6/7/2015 9:40 PM
101	It's extremely difficult to balance a social life, good school performance and enough sleep. Getting little sleep can contribute to better grades because of more time put into your daily schedule for studying and completing assignments, however it can also contribute to poor school performance because it's harder to pay attention and focus, and being well rested is important for teens	6/7/2015 9:24 PM
102	I consistently am too tired to normally function, facilitating my coffee habit. Homework often lasts late into the night and sports cause even more fatigue	6/7/2015 9:11 PM
103	I come to school really tired sometimes and it's difficult to keep my eyes even open in the morning some days of the week.	6/7/2015 9:10 PM
104	Going to school tired and stressed from a lack of sleep has negatively impacted my academic and extracurricular performance. If I had gotten more sleep, I would have been more alert, sharp and enthusiastic instead of being a zombie; learning would have been easier, I would have been happier and I would have had a better high school experience.	6/7/2015 9:01 PM
105	I don't feel like I'm at my optimal level: I feel completely different on weekends when I've gotten enough sleep. When I am tired I get bad headaches and that makes it hard to concentrate.	6/7/2015 8:59 PM
106	i don't get enough sleep and it makes it harder to focus in school	6/7/2015 8:57 PM
107	Dont look forward to school.	6/7/2015 8:56 PM
108	I feel that we are worked so hard in school that by the time we get home we are very worn out and since we are so tired it takes us even longer to complete our homework.	6/7/2015 8:14 PM

Sleep Survey

109	focusing in class especially; lack of desire to do something	6/7/2015 7:56 PM
110	my high school experience has affected my sleep pattern negatively and there is no possible way that it is fair for me to go to bed late because of school and homework and then also wake up before the sun. Especially when, at our age, we are require AT LEAST eight hours of sleep and it is scientifically proven that teenagers brains aren't fully functioning until after 8am. Aka two hours after we have to get up to be in class by 7:30, another ridiculous requirement.	6/7/2015 7:54 PM
111	I feel as though I can't perform to the best of my ability.	6/7/2015 7:46 PM
112	I have a harder time getting homework done since I'm always so tired in the afternoon	6/7/2015 7:40 PM
113	High school has not been amazing my sleep pattern is now messed up,i'm always tired and I don't always get work done because I am not trying to go to bed at around 12.I get less sleep which has made less happy I am naturally happy and always laughing so some people may not notice but my mood has significantly changed because of my messed up schedule and added stress from high school	6/7/2015 7:32 PM
114	I don't get enough sleep, so its harder for me to focus in class. As a result, i dont always pay the most attention to what the teacher is saying	6/7/2015 7:13 PM
115	I drink coffee almost everyday when i never felt the need to. Im a lot more dazed and disoriented throughout the day. Can barely focus due to lack of sleep and coffee i drink to stay awake.	6/7/2015 7:06 PM
116		6/7/2015 7:05 PM
117	By not getting the necessary amount of sleep I feel like my high school experience is not as good as it should be.	6/7/2015 7:01 PM
118	i just don't get enough sleep after finishing homework, and i find that I'm a tad insomniac	6/7/2015 6:40 PM
119	I have a pretty healthy sleep pattern when I go to sleep from 9:30 to 10 PM, however I am the only one of my friends who goes to sleep that early regularly. most of my friends go to bed from anywhere between 11 PM to 4 AM. If I don't get enough sleep, I can't focus, I'm irritable and I simply don't function well.	6/7/2015 6:37 PM
120	The crazy amount of homework + the amount of time spent on sports (cough, cough @downer) make a regular sleep schedule impossible. It's really tough to stay awake in class, making school even harder. Just saying, this year has been terrible.	6/7/2015 5:55 PM
121	Sometimes it is hard to focus at school the next day if I've just pulled an all nighter	6/7/2015 5:51 PM
122	School starts way too early and the amount of homework we receive on a daily basis is a detriment to my sleeping schedule.	6/7/2015 5:45 PM
123	I feel as if High school has affected my sleep patterns rather than vice versa	6/7/2015 5:42 PM
124	The more tired I feel, the harder it is to stay focused and do well in school	6/7/2015 5:42 PM
125	Just so you know Question 8 only allows one selection. As well relating to the common discussion people have about High School starting later, I prefer that it start at the current time; I feel that I would be able to less efficiently manage my time if I got home later.	6/7/2015 5:30 PM
126	If I do not sleep enough I can occasionally get a headache	6/7/2015 5:26 PM
127	Days after I get 8+ hours of sleep are often very good days as I feel awake and alarm throughout the days. The nights that I am up late and get less than about 7 hours are often bad days as I struggle to stay awake in class!	6/7/2015 5:25 PM
128	School has drastically altered my sleep patents, but mainly in journey year. I always got 8 hours (which is still not enough r according to my doctor) until winter of junior year, when suddenly it was like a snowball affect. I'm as busy now as I've ever been and get less sleep every day. With finals, AP tests, the real SAT and its subject tests I feel as if I don't have time to breath. I feel that I can't relax. Even when I wake up I'm stressed about what I'll face in the day and I'm stressed when I go to bed, fearful that I've forgotten something.	6/7/2015 5:15 PM
129	Due to a somewhat constant lack of sleep, I at times feel as though I cannot perform to the best of my ability.	6/7/2015 5:03 PM
130	school starts to early and i dont feel like i can work good in morning classes or any classes since i am exhausted	6/7/2015 4:58 PM
131	many times without enough sleep it interferes with my ability to focus and stay on task. I find myself falling asleep in class or putting my head down.	6/7/2015 4:57 PM
132	At school, I'm always too tired to really enjoy anything	6/7/2015 4:47 PM

Sleep Survey

133	I'm more tired throughout the day which makes it harder to focus	6/7/2015 4:22 PM
134	I feel tired and not as alive on school weeks as compared to weekends. I'm a growing boy and need sleep.	6/7/2015 4:15 PM
135	I find myself having to sleep in until 2-3 pm on Saturdays in order to make up for sleep I have lost during the week.	6/7/2015 4:11 PM
136	Because we wake up so early it can be really hard for me to focus during all of my classes in the morning. Also in the afternoon it can be hard because we have been in so many classes since really early in the morning.	6/7/2015 4:05 PM
137	It has made what is already quite difficult exponentially more difficult.	6/7/2015 4:04 PM
138	I naturally (along with many other teenagers) cannot fall asleep earlier than 11:30/12. The insanely early start time completely messes up my sleep schedule, making me extremely exhausted throughout the day and prompting me to have to take a nap after school if I wish to function for the rest of the night. This nap then makes me stay up later at night, and it is an inevitable cycle of inadequate sleep time. The 7:30 start time is insane.	6/7/2015 4:00 PM
139	School shouldnt open later, but homework amounts should be regulated. Too much homework is given which is very stressful, causing not enough sleep, but also not sleeping well enough due to the stress.	6/7/2015 3:52 PM
140	it makes me really stressed and makes it so that on the weekends I sleep for over 12 hours each night to try to make up for some of my sleep deprivation	6/7/2015 3:43 PM
141	LMHS and LMSD... Have to stop giving so much work.. So that students can recover and be better students ... By having at least 8 hours of sleep.. The deprivation of sleep only hurts LMSD as a whole and damages all students attending LMSD . This has been a continuing problem for LMSD for many years.	6/7/2015 3:01 PM
142	i am always tired in the morning and it has been affecting my grades	6/7/2015 2:59 PM
143	start school later	6/7/2015 2:58 PM
144	I feel as though I am not able to fully focus on my school/homework since all I am thinking about is when I can sleep	6/7/2015 2:49 PM
145	I make sure I go to bed before 10:30 every night	6/7/2015 2:33 PM
146	I don't get enough sleep at night, so I have to take a nap when I get home from school, but then I do not have enough time to sufficiently do my homework	6/7/2015 2:31 PM
147	I consistently do worse in the subjects first thing the morning due to difficulties remembering assignments/lessons	6/7/2015 1:49 PM
148	All through junior year I have felt chronically exhausted, there was never a day where I was fully awake, my mom thought I should see a doctor because of it, but one learns to survive always being tired and can even fake it through school each day without retaining much information however because you are so tired and all you can focus on is how tired you are.	6/7/2015 1:40 PM
149	I think that my lack of sleep due to early school start time has made it difficult to truly enjoy the high school experience. I am constantly stressing about getting all of my work done and then not being able to get enough sleep because I have to wake up extremely early for school	6/7/2015 1:36 PM
150	I get a good amount of sleep, which helps me focus and do well in school.	6/7/2015 1:20 PM
151	makes it less productive	6/7/2015 12:37 PM
152	on the weekends its easier to learn and focus because I'm not tired	6/7/2015 12:32 PM
153	It is hard to get enough sleep because school ends around 3, then most people have sports and get home at 6, then have a few hours of homework, and have to balance the social and family aspect into the short period of time. Also, having to wake up so early makes it tough because i end up going to bed later then I would wish	6/7/2015 12:24 PM
154	There is a lot of homework that needs to get done every night along with getting up early. It is a constant cycle because I have to stay up late to finish my homework on nights when I have a lot, and then the next day I am so tired from staying up late that when I come home from school I take a nap for up to 2 hours and then I can't start my homework until later, and then I have to stay up late again because I started late so it is the struggle between the large amount of homework at night and the early school start time that makes me feel exhausted throughout the schoolday.	6/7/2015 12:24 PM
155	It's really hard for me to focus on the morning because it's so early in the morning, it takes a while until my brain starts working	6/7/2015 11:57 AM
156	dont know	6/7/2015 11:52 AM

Sleep Survey

157	it has made it more difficult for me to enjoy myself because of how tired i am all of the time	6/7/2015 11:49 AM
158	I continually fall asleep during class and have trouble focusing. In fact, the other day, I was so tired after school, that I went to bed when i got home and didn't wake up until the next morning. I think something needs to change immediately!!	6/7/2015 11:44 AM
159	I get up always with a negative mood, because I wake up at 6:00	6/7/2015 11:32 AM
160	Nobody else in Lower Merion trains or is training for what I am training for, but especially this year, I have been really exhausted and tired from when I get up in the morning until I fall asleep at night.	6/7/2015 11:24 AM
161	I used to go to sleep at ~1:30 junior year and got around 5 hours of sleep on a good night. Senior year I've been taking an extravagant 7 hours per night because I recognize the importance of sleep, and because of less homework.	6/7/2015 11:23 AM
162	High School is not as fun when you're sleepy. I feel like I miss opportunities because I want to rest and take a break from school and not do anything fun. I used to go to a different school and there classes were so much more fun and interesting	6/7/2015 10:53 AM
163	I wish I could get more sleep, but school limits me. Not sure what I can do.	6/7/2015 10:35 AM
164	I am chronically exhausted and sometimes have a lot of trouble staying awake towards the end of the day.	6/7/2015 10:29 AM
165	Waking up so tired and having to focus so early in the morning makes me hope that there will be a day off soon and wait for the weekend when I sleep around 10 hours	6/7/2015 10:27 AM
166	it's made school stressful	6/7/2015 10:25 AM
167	In the second semester this year I was lucky enough to have frees in the mornings, a double free that is. This has allowed me to clearly see the contrast between the two different amounts of sleep. I go to bed at the same time whether or not I have a free the next morning as to not ruin the effects of having the extra time to sleep. I can conclusively say that on the days I have morning free's I am much more alert and active in class.	6/7/2015 9:53 AM
168	I regularly sleep through dinner so that I can stay up all night doing homework, and then it begins again the next day: come home from school, greet my mom with, "I'm going to bed," because I've fallen asleep on the bus and nearly missed my stop (it's happened before) and crash into whatever bed is closest.	6/7/2015 6:57 AM
169	I am in a constant state of sleep deprivation. I am unable to function when I am made to get up in the middle of the most important part of my sleep cycle and especially when I can't get to be at a decent time because of my homework and work and chores. My grades suffer because I am unable to focus on class and have to learn only half correct information from my peers at a later time or the Internet. I am eternally stressed and have stomach pains from this stress caused by the anxiety of facing another week where I shall have to stay up too late to get school work done and wake up too early to spend too much of my young life in school where I am unable to learn because no matter how much I try to maintain a normal sleep schedule and catch up on the weekends I a still exhausted and unable to concentrate so I must come home and learn what I missed. It sucks. Please start school later and don't give us so much homework. I really do not need to spend seven hours in school learning and doing busy work on useless information only to be sent home to do that same thing. Or, at least teach us how to do taxes. Please. I have to do taxes because of my job and I have no idea how. I do not need to know how to solve for x.	6/7/2015 12:13 AM
170	Some nights I only get 2 hours of sleep because of homework. Usually 3 times a week I wake up 2 hours earlier so I can do more work because I am unable to stay up at night any longer. This is very unhealthy, and something needs to be done about this problem, I have even gotten very sick because of the lack of sleep I get.	6/7/2015 12:10 AM
171	I am usually tired and struggle focusing.	6/7/2015 12:09 AM
172	so far, it doesn't affect me so much, i just have trouble concentrating on homework, sometimes not finishing it all	6/7/2015 12:09 AM
173	I feel like I don't do well in school and can't focus as well if the school start is so early	6/6/2015 11:49 PM
174	I have not been able to focus, I have been doing worse when I sleep less, but I feel that if I need to complete my homework I just won't sleep. Our school needs to focus on our Health not homework.	6/6/2015 11:37 PM
175	They have negatively affected my HS experience. I suggest removing AR/Advisory and starting school at 8:00, but requiring teachers to be there by 7:30 so kids can have access to those resources.	6/6/2015 11:10 PM
176	I'm not getting as much out of class and word due to the fact I can't wake up, can't stay awake during class, and not wanting to do home (busy) work because of lack of sleep	6/6/2015 11:06 PM
177	i feel like I could do better in school and be happier if I slept better	6/6/2015 11:01 PM

Sleep Survey

178	When I don't get enough sleep, I feel tired and can not concentrate in school. I do poorly on tests because my brain isn't as sharp and I can't focus and have trouble remembering.	6/6/2015 10:52 PM
179	I highly describe it to be stressful,	6/6/2015 10:11 PM
180	I would probably make it to school a lot more with more sleep.	6/6/2015 9:52 PM
181	Less able to focus in class, loss of interest, dozing off	6/6/2015 9:37 PM
182	It made feel like it's kind of hard to focus and I can't seem to get that much work down or seem to make sense and for people to understand cause i'm so tired it upsets me.	6/6/2015 9:31 PM
183	It's really starting to frustrate me as my ability to focus is always hampered by the fact that I'm always sleepy from the very things that I should be learning and not struggling through.	6/6/2015 9:13 PM
184	We have to take copious amounts of AP classes to keep up with the ever-rising academic standards (which leaves students with at least four hours of homework every night). The teachers cannot entirely hold the blame for this, as the administration (for the district rather than school) focuses entirely on the school's reputation for intense curricula rather than the health and well-being of its students. There's a common trend here...iPads for eight year olds and an unnecessary new track while attempting to cut music and art programs to save money? Pull it together guys, we can see right through you. Rather than focusing on how hard the students are pushed, strive to make a lasting difference in the way our education system runs. Façades will eventually fade, but change lasts forever.	6/6/2015 9:09 PM
185	Tired during the day and when I get home if i take a nap i end up staying up late to do homework because i also do sports	6/6/2015 9:08 PM
186	Just wanted to say that in question number eight the question I was not able to check more than one. Only one item could be checked.	6/6/2015 8:57 PM
187	Hard to concentrate, less information learned and understood	6/6/2015 8:56 PM
188	Especially this year, I have been absolutely drained everyday. From stress to homework to constant activities and pressures, it's made it really difficult to deal with. I am a very motivated student and enjoy learning and I'm falling asleep in classes which I don't even think are uninteresting. Health wise, it effects me as well.	6/6/2015 8:50 PM
189	For me personally, I have so much homework I have no time for extra curricular activities	6/6/2015 8:11 PM
190	I have quite the reputation for being tired with every Math teacher I've had since Freshman year	6/6/2015 7:40 PM
191	I think I speak for the entire student body when I say that if the school day started and ended later, I would have an easier time concentrating in class.	6/6/2015 7:36 PM
192	I need more sleep because I can't focus during school if i'm tired	6/6/2015 7:00 PM
193	I've done worse in morning classes.	6/6/2015 6:51 PM
194	I think we are given too much homework for the amount of extra curriculars we are pressured or want to do and start school way before students are fully functional.	6/6/2015 6:27 PM
195	Even though i sleep a small amount of hours I am still able to participate in school and a extracurricular activities.	6/6/2015 6:25 PM
196	It has made my high school experience slightly more stressful	6/6/2015 6:03 PM
197	when I am tired I am unable to focus on my school work, and considering that my tiredness is affected by the amount of homework u get, my sleep pattern definitely affects my grades.	6/6/2015 5:56 PM
198	I have trouble concentrating and so I end up staying up later because I have to re-learn everything	6/6/2015 5:55 PM
199	I think the most obvious place I've seen the negative effects of sleep deprivation is in my athletic performance.	6/6/2015 5:47 PM
200	It's just the busiest I have ever been	6/6/2015 5:14 PM
201	It would be much better if school were to start at least 30 mins later because I have many things which require me to stay up late and school starts to early	6/6/2015 5:04 PM
202	I felt like I was always tired this year and never had the opportunity to catch up on sleep. During the week I had to stay up late to finish my homework, and then over the weekends I would spend time with my friends meaning I was not catching up on the sleep I skipped out on during the week.	6/6/2015 4:47 PM
203	Choose 2: sports, grades, or sleep	6/6/2015 4:38 PM

Sleep Survey

204	Many nights I have had family issues occur that make me unable to sleep. During these nights I get about 3-5 hours of sleep and cannot focus as well as when I get more sleep. Usually on these day I get stressed out and do worse on school work and tests.	6/6/2015 4:29 PM
205	It sort of stresses me out.	6/6/2015 4:22 PM
206	harder to concentrate during reading tests or the teacher is reading something. Compare to middle school, i woke up later and felt more energized and relaxed	6/6/2015 4:15 PM
207	Not for the positive- some tranchers assign so much work because they don't teach it themselves which I don't find to be okay	6/6/2015 4:07 PM
208	I don't do as well as i should. The brain starts actually working around 9am so until around then im zoned out	6/6/2015 4:07 PM
209	It is hard to focus in school if I do not get enough sleep.	6/6/2015 4:06 PM
210	Lack of sleep in general means less efficient work and time management.	6/6/2015 4:03 PM
211	My sleep patterns and amounts have affected my high school experience because I can not focus because I have not gotten and good night sleep and it is unhealthy for high school kids to get to little sleep.	6/6/2015 3:58 PM
212	I get so much homework every night which causes me to be up really late so it is hard to focus in school and do the school work to go home to hours of more work	6/6/2015 3:49 PM
213	By sleeping more than any of my other friends, I avoid becoming a zombie like them.	6/6/2015 3:48 PM
214	it hasn't if it's 9:30 and i have work to do i don't do it. my well being is worth more to me than school work	6/6/2015 3:40 PM
215	I mean, I'm tired all the time which kind of sucks because I have troubles taking in information when I'm not rested. If anything there should be a later school start time.	6/6/2015 3:33 PM
216	My sleep patterns have jep't me from not studying as much as I need to and from completing some assignments on time	6/6/2015 3:29 PM
217	makes it hard to enjoy school and hard to learn	6/6/2015 3:26 PM
218	I'm constantly tired from the moment I wake up to the moment I go to bed	6/6/2015 3:21 PM
219	They give us way too much homework so that makes me stay up later, and then that makes me tired for school.	6/6/2015 3:20 PM
220	my usual lack of sleep has made me less focused in class	6/6/2015 3:15 PM
221	bad test scores	6/6/2015 3:04 PM
222	Sleep time depends on homework and sports	6/6/2015 3:04 PM
223	Sometimes have not been able to focus well in class	6/6/2015 2:55 PM
224	I feel that due to not much sleep, focus and performance at school is not as high as it should be.	6/6/2015 2:41 PM
225	It has caused me to (at least in earlier classes) lose focus and as sometimes tests are earlier such as in my french class i have a hard time focusing	6/6/2015 2:19 PM
226	My high school experience is good, but the time we have to wake up makes me more tired during the day and does not allow me to focus on schoolwork all the time.	6/6/2015 2:18 PM
227	It makes me tired and unproductive. I have very little motivation due to the lack of sleep. I am constantly tired and worn out, therefore I can not focus or get very excited for school.	6/6/2015 2:07 PM
228	I get mad that i have to be at school so early that i don't want to do anything	6/6/2015 2:02 PM
229	Teenagers are programed to go to sleep later than other people and wake up later. I tried to spend as much time sleeping as I could each night, but it really was not possible to ever get adequate sleep. Every day, I would wake up feeling exhausted and then have to go through my day, get a ton of homework, and will myself to stay up to finish that homework as well as go to my extracurricular activities.	6/6/2015 1:40 PM
230	The morning classes are hard to get through because I can barely keep my eyes open	6/6/2015 1:28 PM
231	My grades in my morning classes are always lower than in my afternoon classes. Taking tests in morning classes is incredibly difficult.	6/6/2015 1:27 PM
232	I don't get much sleep and I am fine. I am tired for 5 minutes after I wake up.	6/6/2015 1:24 PM

Sleep Survey

233	I can not concentrate because I go to bed so late due to excessive amounts of tests and homework.	6/6/2015 1:12 PM
234	sometimes the inability to put my full effort into my work	6/6/2015 1:09 PM
235	In general, high school would not be much of a drag at all if it started later. However the early start time just drains the life out of me and ruins my productivity.	6/6/2015 1:09 PM
236	im tired all the time	6/6/2015 12:53 PM
237	If I didn't have to wake up so early, I would be a lot more focused during school and I would be doing my homework more efficiently. I, and a lot of other people would be doing better academically if school started later	6/6/2015 12:50 PM
238	Getting up in the morning can be torturous and the first two sets of the day tend to be a bit hazy for me.	6/6/2015 12:42 PM
239	On days that I do sleep more, I definitely feel so much better during the day and have a more positive in-school experience. However, all of the demands that school work and other obligations create rarely makes this a possibility.	6/6/2015 12:32 PM
240	I would be happier and do better in school if I didn't have to wake up as early	6/6/2015 12:28 PM
241	I'm literally always tired and it makes it difficult to take tests, study, focus in class, be in a good mood/be willing to learn, and do homework when I get home	6/6/2015 12:26 PM
242	I find myself to often be consistently tired during the first set or two, but his only occasionally impacts my understanding of class discussion.	6/6/2015 12:24 PM
243	My unhealthy sleep patterns and insufficient amounts of sleep can cause me sadness and low self-esteem, particularly around third quarter. Once in awhile, during the first one or two sets of the day, I have trouble willingly or efficiently getting my work done because of fatigue.	6/6/2015 12:23 PM
244	My sleep patterns have decreased my productivity and motivation for school work, having a negative outcome on my high school experience.	6/6/2015 12:19 PM
245	It does not directly interfere with my high school experience, but I occasionally can feel the impact that the lack of sleep has on my body, particularly with increasing head aches.	6/6/2015 12:12 PM
246	Not getting enough sleep has resulted in me trying to focus during classes but finding myself falling asleep. I think lack of sleep is due to not being able to focus on homework because of sleep deprivation from the night before, along with other activities that take up time in the afternoons. (Like my part time job, after school activities, etc)	6/6/2015 12:09 PM
247	I am not able to excel as much in my school education as a result of limited sleep.	6/6/2015 12:08 PM
248	I start to get sleepy around 8 bit have homework to do past then. So I end up staying up later than I'd prefer doing work, and since I get up early it doesn't equal out. Waking up at 6:15 feels like being dragged to hell.	6/6/2015 12:04 PM
249	its physically impossiblw to do all of your homework and one after school activity a day while sleeping an okay amount. That doesn't include the time necessary to have a social life. Highschool makes people sick. It's bad for us.	6/6/2015 11:55 AM
250	I feel perpetually underslept, to different degrees depending on the week's workload. One week, for example, was so much for me that I slept 12 1/2 hours friday night-saturday afternoon	6/6/2015 11:55 AM
251	Yes somewhat. Sleep deprivation affected my grades and my attitude towards school.	6/6/2015 11:46 AM
252	Due to the amount of work and the early school start time, it is hard to get as good of grades on tests as I want to. Studies have shown that if you get more sleep you get better grades on tests.	6/6/2015 11:33 AM
253	It has effected my attitude every day in school. It makes it harder to deal with the excessive amounts of work our teachers giv, and even harder to do class work. Listening to lectures is next to impossible.	6/6/2015 11:28 AM
254	the start time for school NEEDS to be later	6/6/2015 11:28 AM
255	sometimes in the last period of the day it is hard to focus and in the morning on the bus sometimes I sleep	6/6/2015 11:27 AM
256	If we started later by just an hour I could be more efficient at night after my extracurriculars but I often go to sleep and do homework during class to not be totally exhausted during the school day	6/6/2015 11:25 AM
257	when i feel sleepy my test performance is lower	6/6/2015 11:24 AM

Sleep Survey

258	In ninth and tenth grade, I was continually late and had trouble focusing and not falling asleep in class. Once I went to get a doctors note for later start time, and moved into the VoTech program, my grades went up, I didn't fall asleep in class, participation went up, mood improved, and weight was lost. Simply because I started school at 8:30 instead of 7:30. If you as an administration are going to change the start time, even if it is just an hour later, the benefits will greatly be seen.	6/6/2015 11:16 AM
259	I would have learned more and put more effort into my classes if I had been well rested. I think we should start school at 9 am to the benefit of everyone.	6/6/2015 11:14 AM
260	school staring so early has negatively effected my grades drastically, especially when spring sports come around.	6/6/2015 11:12 AM
261	The quality of my work is much less spectacular in thought than it would be otherwise. Also, I'm miserable.	6/6/2015 11:10 AM
262	I just feel tired all of the time from the amount of work I receive	6/6/2015 10:59 AM
263	my high school experience would be significantly improved if I could sleep in later in the mornings.	6/6/2015 10:54 AM
264	Im tired all day from waking up too early	6/6/2015 10:51 AM
265	Weekends are the biggest blessing. Sometimes catching up on sleep is more important to me than seeing my friends.	6/6/2015 10:51 AM
266	Having a hard time keeping up in class.	6/6/2015 10:48 AM
267	It's hard getting up in the morning.	6/6/2015 10:43 AM
268	badly	6/6/2015 10:39 AM
269	As the week goes on, I have more and more missed sleep accumulate and I get more and more tired. It can make simple mistakes more common and learning and paying attention more difficult	6/6/2015 10:38 AM
270	I feel miserable most of the time. If I have a free, you'll most likely find me curled up in the hallway trying to nap. I can't focus. I resent/dread school.	6/6/2015 10:34 AM
271	School start time is the #1 issue for me.	6/6/2015 10:25 AM
272	PLEASE DO NOT CHANGE THE START TIME OF SCHOOL. 7:30 IS FINE. IF KIDS NEED MORE SLEEP THEY SHOULD GO TO BED EARLIER AND STOP WHINING	6/6/2015 10:23 AM
273	Not much	6/6/2015 10:22 AM
274	I think that most people, including me feel very cranky or just not their best when they have to wake up before the sun and come back at 6 almost everyday due to sports or other activities. Time management is an important skill to learn but so is learning to relax and knowing when you've studied enough.	6/6/2015 10:16 AM
275	I feel sleepy during school a lot because of balancing sports, homework, tests, and the early start time.	6/6/2015 10:03 AM
276	It is harder to learn, stay focused, and do well when exhausted.	6/6/2015 9:59 AM
277	Lack of sleep has been the single biggest obstacle to success	6/6/2015 9:55 AM
278	Usually, I am tired in the morning and have trouble focusing on my school work. I really only wake up after lunch, and by then I only have one academic class left.	6/6/2015 9:39 AM
279	When I'm overly tired at school it makes it very difficult to pay attention and get the most out of my classes. I love to learn, but dozing off due to sleep deprivation makes it hard to stay engaged. Also, lack of sleep leads to illness, which in turn can lead to students missing school.	6/6/2015 9:28 AM
280	Yes, I feel I do not get enough sleep at night because I have to wake up so early for school to start, so I feel that during the early sets of school I am not participating and being motivated because I am too tired to concentrate. The only thing I think about during the earlier sets are going back home and sleeping.	6/6/2015 9:25 AM
281	Not getting enough sleep negatively impacted my grades this year. I kind of have vicious cycle in which I try hard to get work done, while maintaining my social life, but that ends up in me losing sleep and doing worse in class.	6/6/2015 8:51 AM
282	If I could sleep more, I could have more concrtratio to learn. I could actually sharpen the proverbial knife before I cut, but I simply do not have time to.	6/6/2015 8:21 AM
283	I do not remember a lot of high school because i was too tired to remember.	6/6/2015 7:00 AM

Sleep Survey

284	I FEEL DEAD	6/6/2015 6:51 AM
285	I can't focus at school because I am too tired.	6/6/2015 6:30 AM
286	Its really just annoying to wake up that early. Nothing more, really.	6/6/2015 2:42 AM
287	I feel stressed out due to the fact that our shool starts so early	6/6/2015 1:40 AM
288	It is both homework and friends that seems to keep me awake. I have homework and many tests that seems to be scheduled either on the same day or within two days of one another. So when I do finish my homework and studies I dislike going to sleep when I occupy all my time with school...	6/6/2015 1:04 AM
289	B	6/6/2015 12:43 AM
290	Not being able to sleep much has caused work to take longer, my happiness to lessen, and my general mood to deteriorate	6/6/2015 12:38 AM
291	very tired in class and hard to stay focused. Feel i could do better if i got more sleep	6/6/2015 12:12 AM
292	on the flip side, my high school experience has negatively affected my sleeping patterns. As growing teenagers, we should be allowed adequate sleep in order to function; I know I am not the only one who feels that high school interferes with our ability to succeed due to immense lack of sleep. it's a shame	6/5/2015 11:57 PM
293	I start the school year with ambition and motivation but as time progresses with extra curricular activities and expecially homeworkslowly chipping awayat the hours of the daythe only place that you can make time anymore is your bed time. in the middle of the year I start to feel like a huskbut I'd still do have some Drive and energy left even though it's not that much. and right now, at the end of the school yearI don't know why I keep going, I don't know what I'm doing, I don't really know myself as I did in the beginning of the year. being constantly exhaustedand being put under the ever-increasing stressis starting to take a toll on my mental health as wellnot only do I have hard times focusingbut I feel weak, I feel that some days I should just give up because I just want to stop, but I don't because I don't want to disappoint because I know if I do it the short time of clear thought, happiness and carefreeness will just compact themselves into a bigger problem laterthat I won't be able to handle	6/5/2015 11:55 PM
294	I definitely feel that I have missed out on some opportunities- of all sorts of natures, from academic to social- and that it would be healthier for me to be getting more sleep. The main thing I've noticed is that when I'm sleep deprived, I tend to take notes that are incomplete, or I've committed none of the knowledge to memory and I have to re-teach it all to myself when I'm more rested, like on a Saturday or Sunday.	6/5/2015 11:51 PM
295	I am getting a lot less sleep everyday. I am always tired. I keep adding more and more activities and taking that time out of my sleep. Its not fun or healthy, but I cant do anything about it. I have so many commitments and school takes so much of my time that it is impacting my sleep.	6/5/2015 11:47 PM
296	Feel generally more sad when sleep deprived. More stressed. My grades definitely have taken a hit or two because I am so tired that I go to sleep instead of finishing my work because I believe health (physical and mental) is more important than school work.	6/5/2015 11:45 PM
297	Puts the whole family in a bad mood when waking up early	6/5/2015 11:44 PM
298	I always feel horrible in school. As a junior it's normal to get 3-4 hours of homework a night and with three sports a year I barely sleep. Everyday because I'm so tired I take naps after school and sometimes don't wake up until 10:00 or so.	6/5/2015 11:43 PM
299	I sometimes need to choose getting enough sleep over studying for a test or finishing homework which isn't good	6/5/2015 11:38 PM
300	Wake up too damn early to go to classes that are too damn boring where I get assigned too damn much work that does too damn little to help me learn. I look forward to sports after school, but I get home too damn late and have too damn much homework and too damn little time to do it in. I eat too damn much because I'm too damn stressed out, and then FALL ASLEEP (not GO TO bed) too damn late because of that stress. Repeat.	6/5/2015 11:30 PM
301	lowered my grades	6/5/2015 11:22 PM
302	all i ever want to do is sleep, school is so draining and i cant focus, not enough hours in the day, please help and change this	6/5/2015 11:18 PM

Sleep Survey

303	I, like other teenagers, do not have a "normal" sleep schedule because of my age. It is also worsened by the vicious cycle of waking up very early for school with 5 or less hours of sleep a night, going to school very tired and unfocused, counting down the hours until I can get home, and then finally getting home but having so much homework that I end up staying up late again. I also have not been able to even start my homework without falling asleep and taking a nap after school. The past 3 weeks I have accidentally fallen asleep right after I get home from school while I try to start my homework. A later school start would not only drastically change how I feel about school and how I perform at school, but it would also drastically change my life for the better. I can think of nothing I would want more than a later school start time. I am tired, tired of only getting 5 hours a sleep a night, tired of being tired.	6/5/2015 11:17 PM
304	I'm always tired, and I definitely blame it on High School.	6/5/2015 11:15 PM
305	I'm extremely tired almost every day, which is very distracting. Then when I get home, I usually take a nap (and I'm a heavy sleeper) so I get started on my homework late, so I go to sleep late, so I get very little sleep, so I'm extremely tired almost every day.	6/5/2015 11:15 PM
306	At times the work load can inhibit students from getting enough sleep, which in turn prevents productivity during the school day, causing students to have more work at home. This begets a vicious cycle of constantly being sleep deprived or overwhelmed with work. This is usually only a major issue for those who procrastinate heavily.	6/5/2015 11:08 PM
307	Because of all the school work I have during the week plus extracurriculars, I barely get any sleep and can't focus in class at all. I fear that this has greatly impacted my grades negatively.	6/5/2015 10:59 PM
308	I cannot focus as well in class and that impacts my grades	6/5/2015 10:52 PM
309	Way I focus and work	6/5/2015 10:50 PM
310	Unless I go to sleep at 10, which is literally impossible because of extracurriculars, I will always get less than 8 hours. A regular day for me is practice at 4 o'clock. I do not have time to do homework because practice is at Villanova and I need to be there at 3:50. I have to leave school early because I need time to get ready. I get home around 7, shower, eat, and study until I fall asleep, which I don't last long	6/5/2015 10:47 PM
311	I have some nights where I go to bed at normal time and others where I'm not asleep until 1-2 am from Homework or other activities. I am constantly tired at school and it affects my ability to focus on most days of the week.	6/5/2015 10:47 PM
312	I constantly feel tired, never awake. It's so strange. In the summer I always feel energetic because I get sleep.	6/5/2015 10:45 PM
313	I would usually not have enough sleep for me to wake up energetic and ready to go, but I would feel tired more times than not during the school year	6/5/2015 10:42 PM
314	I gave myself a bed time of 10:30 and if I was still studying I went to bed or got up an hour earlier to study if I felt like I still needed. I thought getting enough sleep was more important than staying up until 2 to study.	6/5/2015 10:40 PM
315	I need more sleep but it is hard with the amount of work and other things.	6/5/2015 10:33 PM
316	every night I know my sleep will be affected due to work that is due. the amount of stress school gives is ridiculous and the start time of school is awful.	6/5/2015 10:27 PM
317	I don't know anything about sleeping patterns, but the amount that I sleep has made it hard to concentrate in class, especially in math, as I find it rather boring. Unfortunately, that's always been my hardest class and sleep deprivation can really hinder me there. There's also been moments where instead of studying more for another test, I just say "█████ it" and go to sleep at eleven instead of twelve. Sleep deprivation is a real problem but not one that will be solved, as long as LM remains a pressure cooker set on high.	6/5/2015 10:21 PM
318	I often feel groggy in school because of a lack of sleep. It also affects my mood which also affects my concentration in class. If I am in a bad mood, I will just be thinking of how I can change what I am feeling instead of focusing. Sometimes I'm not even thinking, I just zone out. Its just not a good feeling having very little sleep.	6/5/2015 10:08 PM
319	you feel like giving up on the work because you want to sleep, but then you know your grades are going to drop and grades are basically the most important thing at LM, so you risk sleep and can't focus in class. Makes for miserable days when all you want to do is sleep, but then a nap in the afternoon can mess up your sleep schedule.	6/5/2015 10:00 PM
320	It added to my stress levels because waking up that early made me exhausted throughout the day, then I would go home and have to take a nap, eat dinner late, then start my homework really late which caused me to stay up late and not get enough sleep.	6/5/2015 9:58 PM

Sleep Survey

321	I cannot focus in class because of my lack of sleep. If I had less school work to do I could get more sleep and perform the best I can in class	6/5/2015 9:58 PM
322	With the constant load of homework every night I have no time to spend with my family, friends, and extra curricular activities. Along with minimal sleep every night because of the early time of school which needs to be changed.	6/5/2015 9:58 PM
323	I never Get to hangout with friends because of school projects and study for tests.	6/5/2015 9:54 PM
324	They make it difficult to find time to hang with friends when I am not exhausted or too busy with hw	6/5/2015 9:50 PM
325	Harriton starts too early and every teacher gives too much homework and assigns too many tests and I can't manage it all because I also have to be in after school activities because OF COURSE I HAVE TO GET INTO AN AMAZING SCHOOL and all of the teachers just assume that we are all rich snobby kids who get everything they want but no I have to work really hard and my teachers dont even care. PLEASE NO MORE TESTS AND HOMEWORK	6/5/2015 9:48 PM
326	I don't get enough sleep usually so it's super hard to concentrate and I feel like a zombie.	6/5/2015 9:36 PM
327	Sometimes my sleep patterns end up making school unbearable, even if I normally enjoy all my classes.	6/5/2015 9:34 PM
328	Whenever I actually get a good night's sleep, which is for me somewhere around 7 hours, I feel much more focused and excited to learn in school. I am much more alert and just overall happier. I hope that I am not alone when I say that lack of sleep makes me feel unhappy and lazy. It makes school seem like more of a chore because I am putting my health at risk due to poor sleeping habits.	6/5/2015 9:34 PM
329	affects my energy to last through the whole day	6/5/2015 9:31 PM
330	It just all snowballs. The pressure builds up so much when night after night i'm stressing myself	6/5/2015 9:29 PM
331	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	6/5/2015 9:29 PM
332	hard to stay awake in class, always tired. always fall asleep when or before i do my homework and have to cram it in during the day	6/5/2015 9:28 PM
333	Weeks where I feel drained, never having a a moment to catch up on sleep or work.	6/5/2015 9:22 PM
334	I'm tired all the time	6/5/2015 9:21 PM
335	I'm definitely more tired and less focused in my morning classes than my afternoon classes.	6/5/2015 9:16 PM
336	I'm tired all the time. it's to the point where it affects my test grades and, subsequently, my class grades. Not only this, but I have low motivation to do much of anything since I am so tired.	6/5/2015 9:13 PM
337	It distracts me in school not letting me be showing the best of my ability affecting test scores that determine my overall grade.	6/5/2015 9:11 PM
338	I am usually exhausted from the ridiculous start time and even if I go to bed early I'm still tired when I wake up. Also I think it is strange that sometimes I find myself taking a math test or Latin test at 7:30 am, when my body feels like it should be asleep, sometimes interfering with my test performance.	6/5/2015 9:07 PM
339	havent been able to preform as well as i would have liked on tests due to sleepyness	6/5/2015 9:06 PM
340	school would be much more enjoyable and homework and extracurriculars would be much more manageable if school didn't start so early	6/5/2015 9:05 PM
341	I have never not felt exhausted in school	6/5/2015 8:59 PM
342	It makes every single task twice as difficult and eats away at my energy, effort, and motivation.	6/5/2015 8:57 PM
343	horrible starting times constantly exhausted	6/5/2015 8:55 PM
344	Not getting enough sleep has made me less focused and grumpy at times, but overall does not run my life.	6/5/2015 8:55 PM
345	With at least one hour of homework in each class, extracurricular activities, SAT prep, college prep, religious commitments, early school time, etc. I find I can not only finish my homework the night before, but I have to set my alarm everyday at 5am to make sure I complete everything due for the next day. I am burning out more and more by the second.	6/5/2015 8:50 PM

Sleep Survey

346	I get very little sleep and it makes school frustrating. I feel worn out and spread so thin that I'm near my breaking point. Some of it is self inflicted due to the number of things I commit myself to but I would also attribute my exhaustion to the amount of homework I get and school hours. Thanks!	6/5/2015 8:48 PM
347	Tired all the time	6/5/2015 8:46 PM
348	I'm getting bad grades	6/5/2015 8:42 PM
349	I get no sleep and spend no time with my family because I am locked up in my room doing homework. I work all day, go home, work all night. It is unfair, unreasonable, and unhealthy. High school is killing the current generation, lowering our life expectancies every day. Do something about it.	6/5/2015 8:41 PM
350	I tend to not have as much of an attention span	6/5/2015 8:40 PM
351	I do not feel tired until around 11. However, school forces me to awaken early, so I receive limited amounts of sleep each night. Teenagers' natural sleep cycle is interrupted by the early start time. A later start time of 30 mins to an hour would be very beneficial.	6/5/2015 8:39 PM
352	When I don't get enough sleep at night, sometimes I won't be able to focus during classes/activities	6/5/2015 8:37 PM
353	Sleep is last on the priority list. Makes me feel like I am compromising my health and well being for the sake of there simply not being enough hours in the day to complete all of the homework given, extracurricular time, and sports practice time. Way too jam packed days to be going going going all year everyday.	6/5/2015 8:35 PM
354	It has made tests and normal things during the day impossible tasks.	6/5/2015 8:34 PM
355	I am so behind on sleep that at this point there is nothing i can do.	6/5/2015 8:24 PM
356	Irritability, stress, skin problems, hair loss, grade fluctuations	6/5/2015 8:23 PM
357	I never sleep because you give us TOO much homework in honors classes. I wanna get into a good college but I also want good grades	6/5/2015 8:20 PM
358	Tired in class and can't focus	6/5/2015 8:18 PM
359	Sleeping a little later, but if I'm effective at managing my own time I'm fine usually.	6/5/2015 8:18 PM
360	The workload is never consistent. Some days I get 5 hours of sleep and others days I get 8 hours. The end of quarters are quite brutal. Its not uncommon to have a paper due and two tests on the same day at the end of the quarter. The inconsistency and lack of sleep is obviously detrimental to my health (no joke ask a doctor) and effects my classroom performance (ex. can't pay attention and not wanting to do classroom work). This is a problem, please fix it by either making school start later, having less core classes to take, or scaling back AP classes (I know APs are good for our ranking, but each one you add to the curriculum puts more pressure on students to take more, because colleges judge us based on the classes offered by our school, get it?)	6/5/2015 8:16 PM
361	Feeling tired	6/5/2015 8:16 PM
362	My mind does not function well at 7:30 in the morning	6/5/2015 8:16 PM
363	I feel less social because I am too tired to keep a conversation going. I feel like that's sad because I only get to see my closest friends during lunch typically, which is only 30 minutes. I have trouble concentrating and get super stressed out/overwhelmed and get emotional/sensitive easily. It takes really long for me to do homework when I am tired, and the longer it takes the later I stay up into the next morning, which means I get even less sleep, which leads to a neverending cycle. To me, sleep is one of the most important aspects of life especially at this age and I think it is most neglected. I think school should start later ---even an hour or two would make a huge difference. Priorities should change--homework should not take precedence over health.	6/5/2015 8:13 PM
364	None	6/5/2015 8:10 PM
365	It's been a double-edged sword. I'm able to accomplish a lot more with the extra hours, but it has had noticeable effects on my mood and personality.	6/5/2015 8:10 PM
366	I think that more sleep would make me achieve higher. Right now though, in order to be successful, I have to compromise sleep to stay up late studying for tests. But even with hours of studying, my results are still not where I want them to be, probably due to my extreme fatigue.	6/5/2015 8:09 PM
367	If high school hours started later in the morning, students' academic performances would increase.	6/5/2015 8:09 PM
368	Sometimes when I walk into school, I feel like I'm in a drug induced state because when I go to school especially when I don't have a lot of sleep, I will feel this way.	6/5/2015 8:08 PM

Sleep Survey

369	I am often drowsy, from getting up so early, throughout the majority of the morning classes.	6/5/2015 8:06 PM
370	I think that the loss of sleep hours really affects my grades because I could do so much better if I could focus all the time in class	6/5/2015 7:50 PM
371	My sleep pattern has effected me a lot throughout highschool. I feel as though if i got more sleep then I would be happier at school and would also be able to concentrate more.	6/5/2015 7:48 PM
372	Can't focus because so tired	6/5/2015 7:45 PM
373	Always being tired during school leads to bad grades	6/5/2015 7:43 PM
374	Makes it hard to focus especially after lunch/late afternoon	6/5/2015 7:41 PM
375	If we don't get enough sleep it's hard to concentrate in school and our grades suffer. It's stressful when teachers make rude comments to you if you zone out in their classroom when you're exhausted from staying up late doing work for that class	6/5/2015 7:37 PM
376	It affects me frequently. It interferes with productivity and focus. idue to large and time consuming. I think it's due to the large amount of homework/studying and early wake up time.	6/5/2015 7:37 PM
377	I have developed bage under my eyes because of my lack of sleep. Other than that it hasn't effected me that much that I can tell.	6/5/2015 7:34 PM
378	I'm not motivated to do my work when I'm tired and so a really poor job with it.	6/5/2015 7:33 PM
379	I stay up late doing homework and then take naps in the afternoon. After a napping I have trouble sleeping at night which makes me tired during the day. Only on D days where I have free first set, do I not feeltired	6/5/2015 7:33 PM
380	It's extremely hard to concentrate due to the lack of sleep that I get. However, it's nice to know that all of my peers are facing the same exact sadness and sleep deprivation that I am.	6/5/2015 7:29 PM
381	I need more sleep	6/5/2015 7:27 PM
382	I feel that, as a healthy eater/overall person like myself, there is an incredible difference between how I feel in the summer vs. how I feel during the school year. I know for a fact I can't perform to my potential and function the way a healthy person should with the lack of sleep I get. It's inevitable, too; I have practices/games often ending at 9:30 or even later, and I have to shower when I get home/finish up homework/get studying in, and this would probably be a lot less challenging if school would simply start later. For people like myself, lack of sleep is just a fact of life due to the nature of our schedules and activities. It really takes a toll on my ability to learn and achieve, and most importantly affects my emotional wellbeing.	6/5/2015 7:25 PM
383	I often feel fatigued in the morning when I have to stay up late doing homework	6/5/2015 7:24 PM
384	too tired to go to school	6/5/2015 7:24 PM
385	My sleep patterns heavily impact school. I wake up so early to get to school on time and go to bed so late in order to finish all of my homework and studying. I participate in school sports teams and a part-time job or babysitting too. I have to rush through my homework at night just to get to bed on time and it just adds more stress. The next day in school I am slow and can't keep my eyes open in class because I am so tired. The average adult is supposed to get 8 hours of sleep a night. Teens and developing minds need even more but I get about 6 hours a night, if i'm lucky. Sometimes i even have to wake up at 5 to finish work. :(6/5/2015 7:24 PM
386	Senior year was the only year I ever fell asleep in a class, and it became something that happened far more than a few times. The amount of homework we were assigned on top of college pressures made life increasingly stressful and took a serious toll on my mental health and well being.	6/5/2015 7:23 PM
387	Getting up early is a serious drain mentally. I take all honors classes and put myself through a lot of rigor, but early school start times are a detriment to my feeling well rested and able to function at full capacity. A later start time would make my life much easier, happier, and my school experience better.	6/5/2015 7:23 PM
388	It's hard to focus on school when all I can think about is sleep, but, when I get home from school I'm not tired anymore and I couldn't nap anyway because of homework	6/5/2015 7:23 PM
389	It only allows me to select one choice for question 8, so I selected the most accurate. However, social media, extracurricular activities, and early school start time also play a large role in my lack of sleep.	6/5/2015 7:21 PM
390	Ruined my work ethic.	6/5/2015 7:20 PM
391	If I had more sleep I feel I would do better in classes especially the early morning classes where I feel I am most tired and it affects my learning ability	6/5/2015 7:20 PM

Sleep Survey

392	not that much	6/5/2015 7:16 PM
393	I am constantly tired and find it hard to focus because once we get to school, we are expected to immediately be awake and ready to learn. In reality, nobody is ready for algebra 2 at 8 am.	6/5/2015 7:16 PM
394	It definitely hurt my productivity to be sleep deprived	6/5/2015 7:14 PM
395	Sleep has been something fundamentally lacking during a very rigorous junior year. It has been a wholly negative vacuum in my life; i hope never to sleep so little again.	6/5/2015 7:13 PM
396	As a junior I have been assigned an insane amount of homework each night that usually has me up until 2:00 am, and this is not due to procrastination or starting my work late, this is due to the unbelievable amount of work we are given. This lack of sleep has affected my life tremendously and has made me often tired and sluggish and has prevented me from attending many school events because I know that my homework will then have to be completed later and I will just be kept up even later. This issue definitely needs to be addressed.	6/5/2015 7:12 PM
397	It's basically just this continuous circle of having so much homework that I never got to bed until really really late so then the next day I'm tired and can barely focus in class and then I have a lot of homework when I get home because I was too tired to do any of it in school. But then by the time I get home I'm so tired I can't do anything so then I take a nap and when I wake up I can't start my homework it's already late so I know I'm going to be up until like 1 am again. It's really hard to get out of that cycle, which really stinks	6/5/2015 7:09 PM
398	For the past couple months I have been really tired and it has been hard for me to focus in school at times.	6/5/2015 7:09 PM
399	more tired during day and harder to focus and less energy when socializing	6/5/2015 7:08 PM
400	It can make me concentrate less and participate less or enjoy school less.	6/5/2015 7:06 PM
401	The early school start time has made it very difficult to focus in class and has affected me very much, both physically and mentally. I would be able to learn better in an environment where I do not need to wake up so early in the morning just to make the school bell. To me, this is perhaps one of the only significant issues with an otherwise fantastic school. Thanks.	6/5/2015 7:04 PM
402	Tired a lot, I get sick more often due to insufficient sleep and recovery	6/5/2015 7:04 PM
403	makes me super stressed out and feel trapped	6/5/2015 7:03 PM
404	You get sleep deprived and feel less motivated and then you start to say that you don't care about the grades anymore but you do because you want to go to college and further your education and then that causes a lot of stress which associates with health issues as well.	6/5/2015 7:02 PM
405	Literally, I have to wake up at 6 am every morning. It's really hard to focus when I have math first thing in the morning. And it's hard to go to sleep earlier because of all my homework. My sleep pattern has hindered my school experience and limits my focus in the mornings.	6/5/2015 7:02 PM
406	My sleep has decreased as my homework has increased I will often times not do all my homework or study for a test because I think I will do better if I sleep more which is not the case. I have occasionally had to stay up till 3 or 4 am to finish all my homework if I have an extracurricular completion after school.	6/5/2015 7:01 PM
407	I think if school started a little later I would learn more because it's really hard to focus at 7:30 in the morning	6/5/2015 7:01 PM
408	Homework makes it hard to go to bed at a reasonable time.	6/5/2015 7:01 PM
409	I feel I would be a much better student if I could sleep more. Not only would I be more focused and effective, I would be much happier and optimistic. Along with the stress of homework and other extra-curricular activities, the early start time of school makes it very difficult to get a good night's sleep. Often I feel my natural sleep pattern is disrupted by the early start time of school.	6/5/2015 7:00 PM
410	I rarely get sleep because I'm so stressed about homework and tests!	6/5/2015 6:59 PM
411	I have become a coffee addict	6/5/2015 6:59 PM
412	Sometimes it's hard to focus during my first class or even threw out the day, all caused by staying up late to finish HW, study, or even sports.	6/5/2015 6:58 PM
413	I feel my grades in classes could be a little bit higher with more sleep. Also, I believe amount of sleep is directly correlated to success in school	6/5/2015 6:57 PM

Sleep Survey

414	The amount of time that i have to commit to both doing homework and participating in extra curriculars leaves little to no time to be able to do anything else but sleep for the last few hours left in the day. Also the little amount of sleep that i get puts my body on a very unhealthy sleep cycle where I'm always tired. When i get home in so worn out and exhausted that i can't concentrate on my homework so i take a nap to be awake enough to concentrate on homework or studying. The cycle of sleeping late and then napping after school is very bad and almost impossible to break but necessary to be successful.	6/5/2015 6:54 PM
415	I constantly feel like I am not performing to the best of my ability because I am not getting enough sleep. Also, on the weekend all I want to do is sleep because of the lack of sleep I have during the weekdays.	6/5/2015 6:51 PM
416	a 7:30 am start time for a high schooler is the most backwards and ridiculous thing you could ever do to a high schooler. 8:30 or later, you'd see a massive increase in how grades improve and students would be happier. you, Mr. Hughes, should take it upon yourself to act to put a new, later starting time for the high schoolers that need it. it wouldn't be easy, but look at the facts from other schools!	6/5/2015 6:51 PM
417	I find that it is very hard for me to focus in class in terms of paying attention, taking tests, reading, doing classwork, and just responding to my teachers questions.	6/5/2015 6:49 PM
418	i really hate school for the sole purpose of waking up early	6/5/2015 6:49 PM
419	I worry if I don't get enough sleep I'll do bad during school but if I don't stay up late doing my work I will also do bad.	6/5/2015 6:48 PM
420	School should be started later. It is ridiculous. We need to sleep in staying up late is not a problem just make school end 2 hours later and give us two hours to sleep in	6/5/2015 6:47 PM
421	I've felt constantly sleepy for almost all of high school. It makes paying attention difficult, makes it incredibly tough to do homework, and makes me generally stressed and feeling sort of sick most days. I know that it's bad for my health, and I can't begin to understand why my school district hasn't made my and my peers' health its top priority.	6/5/2015 6:45 PM
422	I have a hard time focusing on tests in the morning.	6/5/2015 6:44 PM
423	I'm just always tired	6/5/2015 6:40 PM
424	Negatively	6/5/2015 6:39 PM
425	I think they make me less attentive during school and depending on the amount of homework I have depends on how much sleep I get due to commitments like after school activities and part time job	6/5/2015 6:38 PM
426	As I work towards optimal health, lots of sleep is required for the enhancement of my body's redox potential, as well as for optimal mammalian fat burning (ketosis, pentose phosphate pathway)- think a gazelle (9 hrs sleep) vs a tiger (20 hrs sleep)	6/5/2015 6:37 PM
427	I have gotten into the habit of picking sleeping over my homework, which occasionally affects my grades	6/5/2015 6:35 PM
428	My high school experience has been made more difficult due to the lack of sleep I get each night. When I come to school, I often feel tired and unfocused due to the lack of sleep I got the night before. This makes me less likely to be interested or intrigued but what is going on in my classes.	6/5/2015 6:35 PM
429	Makes me very tired	6/5/2015 6:35 PM
430	I play sports both in and out of school so that makes me tired then I have to come home and do a ton of homework	6/5/2015 6:35 PM
431	tired all the time	6/5/2015 6:34 PM
432	I constantly feel tired throughout the entire day and feel like I don't have enough energy in class. It usually affects my ability to stay focused in class and I have to nap every day just to make up for the lost sleep at night.	6/5/2015 6:33 PM
433	Made me less focused/motivated during school & afternoons	6/5/2015 6:33 PM
434	Sometimes I find it hard to look forward to school because I don't have much energy to do work and socialize	6/5/2015 6:32 PM
435	I tend to go many nights without much sleep and then sleep for really long periods of time (like from when I get home on friday at 3pm until 11am the next morning)	6/5/2015 6:32 PM
436	Late stressful nights due to homework are ridiculous. I get homework matters, but there's a heck of a lot that matters more- like health	6/5/2015 6:31 PM
437	I would be much more productive getting my work done in and out of school if I were able to sleep more.	6/5/2015 6:31 PM

Sleep Survey

438	prevented me from going to class often and left me too tired to do homework	6/5/2015 6:30 PM
439	They have made me more stressed and have made it harder for me to focus in class. Usually when I get home I have so much homework but I physically don't do it until I take a nap.	6/5/2015 6:30 PM
440	If I could've slept more I would've been more productive during the school day. I also would have to finish work at home and not be able to finish it just to get an hour of sleep a night.	6/5/2015 6:29 PM
441	Hard to get up in the morning, so I come and miss class and get detentions	6/5/2015 6:24 PM
442	Im too tired to try my best to study and complete my homework to the best of my ability.	6/5/2015 6:24 PM
443	I never ever eat breakfast because i have to catch the bus at 6:45, leaving me 45 minutes to shower, get dressed, and grab a granola bar if i have an extra minute	6/5/2015 6:22 PM
444	It's part of life, so I can't complain.	6/5/2015 6:21 PM
445	It definitely makes it more stressful	6/5/2015 6:20 PM
446	made very painful	6/5/2015 6:17 PM
447	Waking up early has seriously disrupted my sleep	6/5/2015 6:17 PM
448	I think I would be significantly happier if I had the chance to get a full eight or nine hours of sleep. I drink at least 16 ounces of coffee every day just to make it through - and sometimes that's not enough. Especially being an IB student, I resent the hours of the school day. Then again, I feel like we wouldn't have enough time after school to get work done. In addition, I babysit after school every Wednesday and Monday for two hours, so I need to get out early... It's all a bit contradictory. But sleep is sleep, and I need more of it.	6/5/2015 6:17 PM
449	I'm always sleep deprived and have a hard time focusing in morning classes. It honestly makes me really dislike school.	6/5/2015 6:17 PM
450	School starts too early	6/5/2015 6:16 PM
451	I sleep for about 2-3 hours every night for the past 7 months and I am going insane and constantly feel exhausted, but it's also partially my fault because I waste some of my time and that's because I feel unmotivated to do any of my school work.	6/5/2015 6:15 PM
452	If teachers gave less homework, I would be able to get more sleep and focus more in class, meaning I would participate more, pay more attention in class, do better on tests, and overall learn more.	6/5/2015 6:14 PM
453	Has affected it a lot making me tired in class	6/5/2015 6:13 PM
454	I want to die.	6/5/2015 6:13 PM
455	I was tired constantly and this fatigue built up through the entire week.	6/5/2015 6:13 PM
456	I guess it is sort of my own problem, but since there is nothing that ever really happens at school that has me itching to get up in the morning, I stay up until 10:30 or 11PM playing video games. I don't have much motivation to go to bed early or anything because the only things I do or find interesting are at home	6/5/2015 6:12 PM
457	I feel that I'm often tired and drowsy during class and at times can't focus because of this.	6/5/2015 6:10 PM
458	The lack of sleep stresses me out so much. Because I am so tired, I sometimes tune out of classes to doze or just have a difficult time concentrating. I have gotten very good at faking 'awake' and very used to being starved of sleep.	6/5/2015 6:10 PM
459	If I got more sleep I would like school so much more, and would feel much better in general. I know that no matter how tired I am, it is nearly impossible to fall asleep any earlier than 11:15 or later. If school did not start so early I would be much healthier, happier, and motivated.	6/5/2015 6:10 PM
460	At least once a week I get grueling headaches because of my lack of sleep. They normally occur days that I fall asleep after 11:15 and they prevent me from thinking critically. It is very annoying when I can't pay attention or do my work because my head hurts.	6/5/2015 6:10 PM
461	I find It extremely difficult having to deal with the early start times of school. this year dealing with all my homework, SAT, sports, and free time to myself has made it difficult to get up early in the mornings for school and often messes with my ability to focus	6/5/2015 6:09 PM
462	If I don't sleep well, I can't pay attention in class. This affects my grades and my participation at school.	6/5/2015 6:09 PM

Sleep Survey

463	Mostly in a negative way; my trouble sleeping, as well as the trouble many of my friends experience, has been diagnosed as being directly related to how much stress I am under. The majority of this stress is caused by school. I experience stress due to school, sleep less, experience more stress due to being so tired, and the cycle repeats itself.	6/5/2015 6:08 PM
464	I have had to sleep less even though we are biologically made to sleep more on a later schedule, something the district has ignored completely, instead choosing to start school early instead of organizing logistically.	6/5/2015 6:07 PM
465	With after school activities and extra curricular a as well as homework there are nights where I often find myself getting less than 5 1/2 hours of sleep	6/5/2015 6:07 PM
466	I think my sleep patterns have impacted my attendance record immensely. They are probably the single most influential factor in that subpar area of mine.	6/5/2015 6:05 PM
467	It makes it hard to learn when you have to wake up so early and your body isn't fully rested.	6/5/2015 6:04 PM
468	result in Decrease performance during the day	6/5/2015 6:04 PM
469	I feel that it is often very difficult to pay attention or actively participate in class when I am tired and have gotten little sleep.	6/5/2015 6:04 PM
470	Not really, but itd be cool if school was later.	6/5/2015 6:03 PM