



***In April of 2018, a non-biased and anonymous survey of five questions was given to each 6<sup>th</sup> - 8<sup>th</sup> grade student prior to obtaining non-identifiable anthropometric measurements. Below was the question asked and the outcomes:***

**What time do you go to bed at night and wake-up during the school year?**

Go to Bed	Wake
<b>6<sup>th</sup></b> <b>(S-58)</b>	<b>6<sup>th</sup></b>
<b>PM Times</b>	<b>AM Times</b>
8:00 / 2	5:00 / 1
8:30 / 8	5:30 / 1
8:45 / 2	5:45 / 3
<b>9:00 / 21</b>	5:50 / 1
9:15 / 1	6:00 / 13
9:30 / 12	6:15 / 3
9:45 / 3	6:20 / 4
10:00 / 6	6:25 / 2
10:30 / 1	<b>6:30 / 17</b>
11:00 / 2	6:45 / 3
	6:50 / 2
	6:55 / 1
	7:00 / 7

**Out of the 58 surveys, the average night sleep was 9 hours for the 6<sup>th</sup> graders.**

Go to Bed	Wake
<b>7<sup>th</sup></b> <b>(S-56)</b>	<b>7<sup>th</sup></b>
<b>PM Times</b>	<b>AM Times</b>
8:00 / 2	4:00 / 1
8:30 / 2	4:45 / 1
8:45 / 2	5:00 / 1
<b>9:00 / 16</b>	5:30 / 3
9:30 / 10	<b>6:00 / 13</b>
9:45 / 2	<b>6:30 / 13</b>
10:00 / 9	6:40 / 5
10:30 / 8	6:45 / 3
11:00 / 3	6:50 / 3
12:00 / 2	7:00 / 10
	7:10 / 2
	7:30 / 1

**Out of the 56 surveys, the average night sleep was 8.6 hours for the 7<sup>th</sup> graders.**

Go to Bed	Wake
<b>8<sup>th</sup></b> <b>(S -57)</b>	<b>8<sup>th</sup></b>
<b>PM Times</b>	<b>AM Times</b>
8:00 / 2	5:00 / 2
8:30 / 3	5:30 / 2
9:00 / 8	5:35 / 1
9:30 / 7	5:45 / 1
<b>10:00 / 16</b>	6:00 / 13
10:30 / 7	6:10 / 1
11:00 / 5	6:15 / 2
11:30 / 5	<b>6:30 / 14</b>
12:00 / 4	6:40 / 1
	6:45 / 4
	6:50 / 2
	6:55 / 2
	7:00 / 8
	7:15 / 1
	7:30 / 3

**Out of the 57 surveys, the average night sleep was 8.2 hours for the 8<sup>th</sup> graders.**