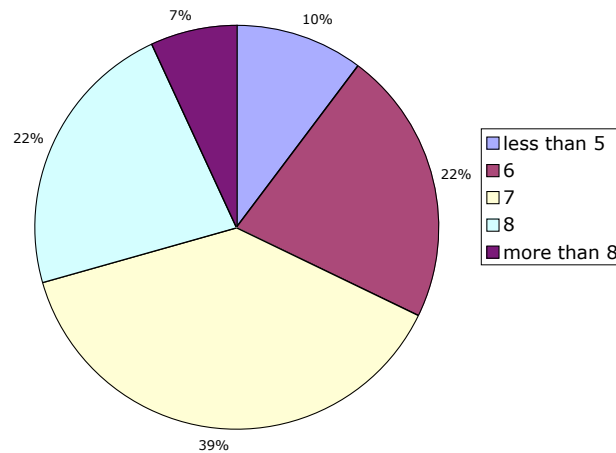
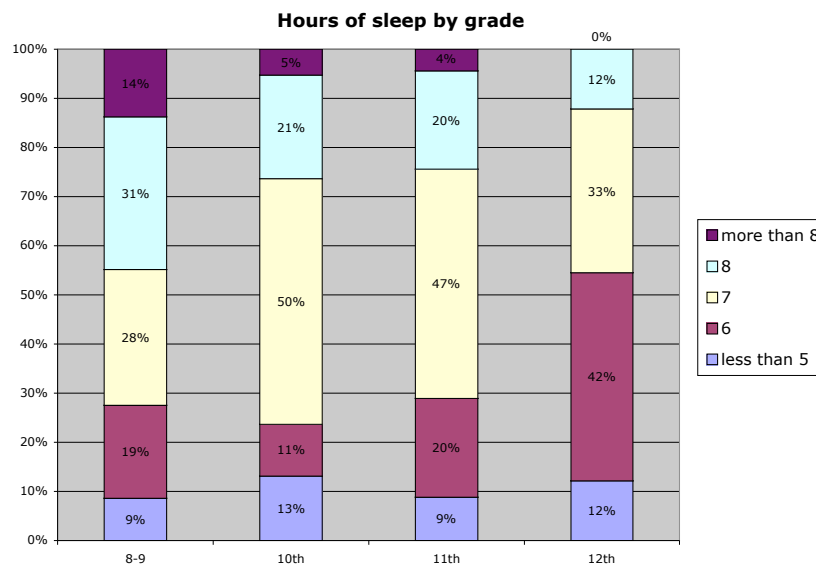


## Sleep Behavior

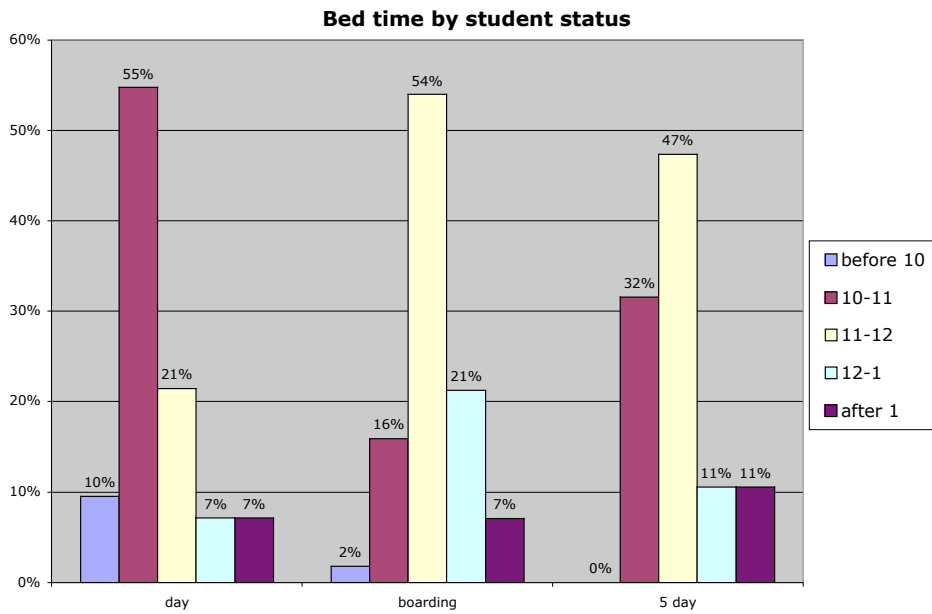
Reported average hours of sleep per night by total population



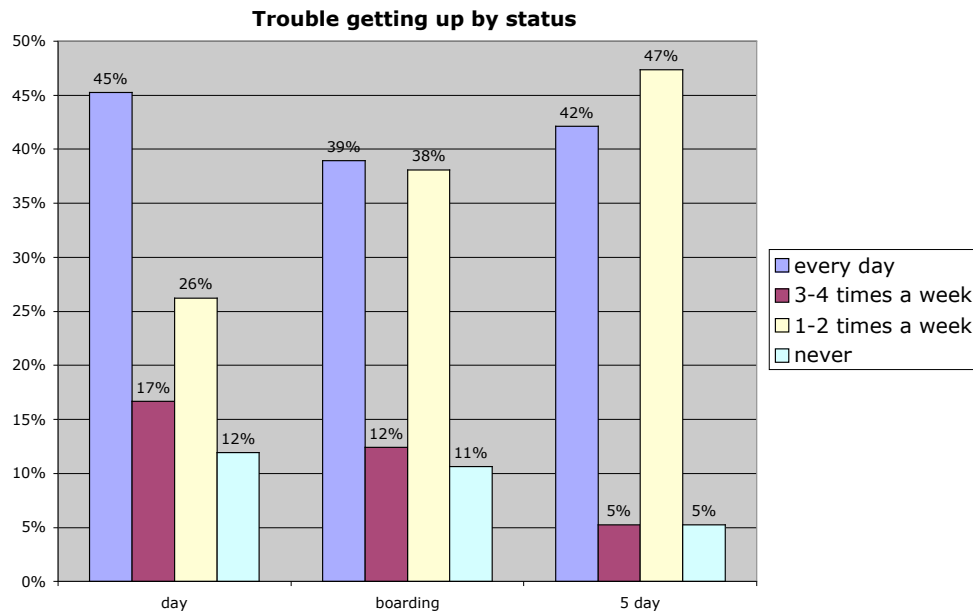
More research is being devoted to adolescent sleep patterns, because more and more schools are seeing a variety of negative consequences related to the limited amount of sleep students are getting. Some boarding schools are considering a variety of measures including changes in the daily schedule to account for these needs. Boarding schools have a unique responsibility in this area because they have the power and responsibility to manage both “bed time” and “wake up time” across student populations. The following charts attempt to identify patterns and quality of sleep by grade and status.



Hours of sleep are correlated with time a student goes to sleep, given that all students have to rise at nearly the same time. Again, day students get to bed much earlier than the other population and this accounts for their increased average hours of rest.



Over 50% of seniors are going to bed after 12:00 am and only 6% are reporting getting to bed before 11:00 pm. Hours of sleep decrease as student rise through grade levels as correlated with later bed times through grade level. Students were also asked about the quality of their sleep. There are relationships between depression, anxiety and stress regarding sleeping pattern. There is also likely a correlation between academic and athletic performance regarding the quality of sleep.



While day students are going to bed earlier and getting more rest than other populations, they had the highest percentage of students reporting both trouble getting up every day and 3-4 times per week. Those with lower reported GPA's also reported more difficulty getting up than those with a GPA 3.0>.