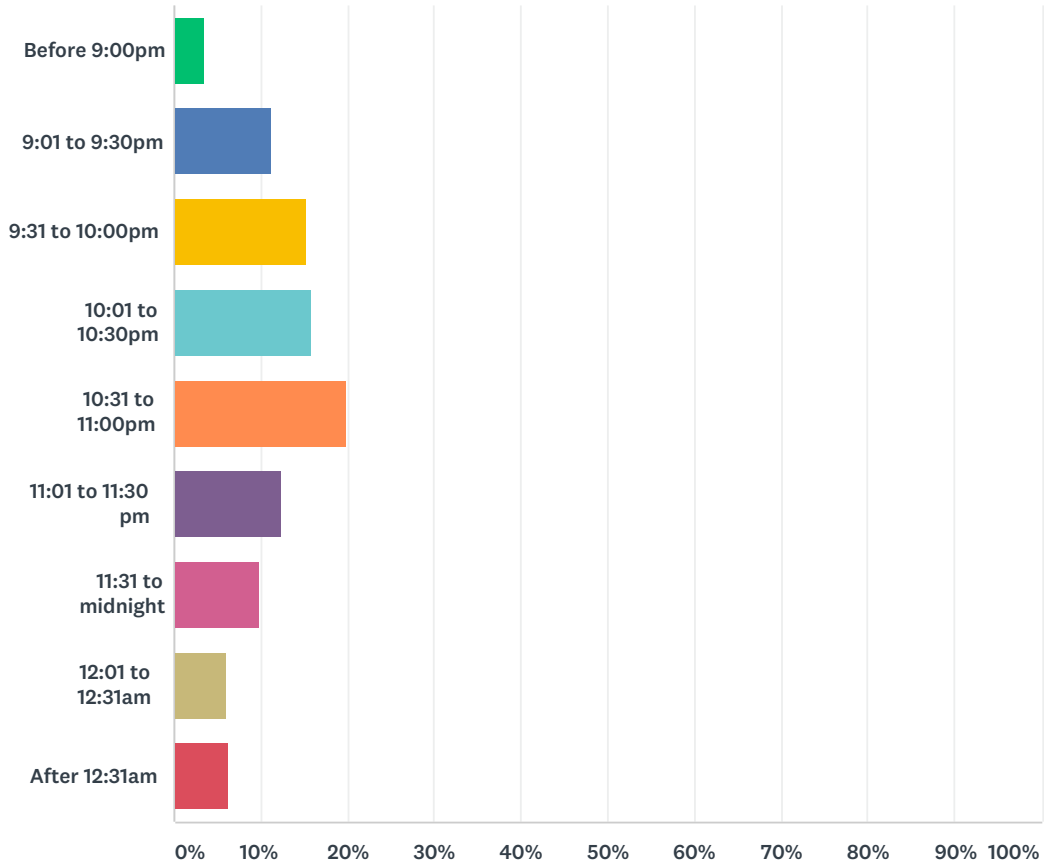


# Q1 What time do you typically fall asleep on a school night?

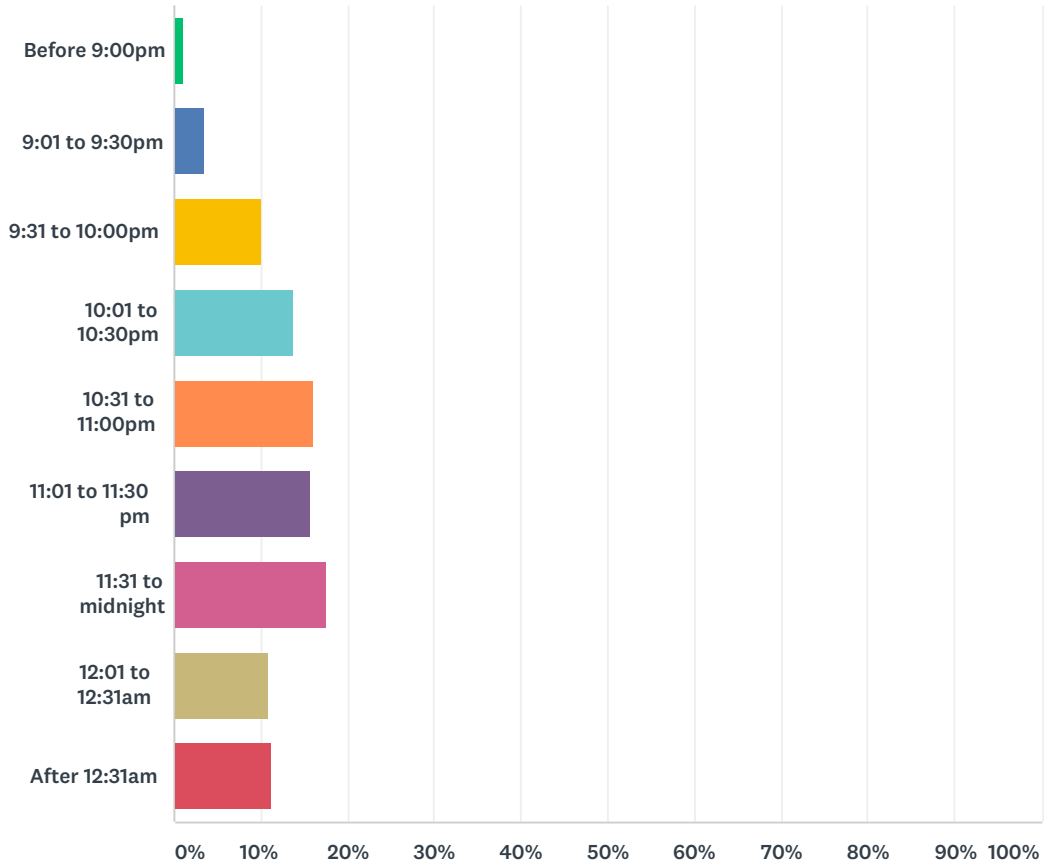
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Before 9:00pm	3.62%	42
9:01 to 9:30pm	11.21%	130
9:31 to 10:00pm	15.17%	176
10:01 to 10:30pm	15.86%	184
10:31 to 11:00pm	19.83%	230
11:01 to 11:30 pm	12.24%	142
11:31 to midnight	9.74%	113
12:01 to 12:31am	6.03%	70
After 12:31am	6.29%	73
<b>TOTAL</b>		<b>1,160</b>

## Q2 What time do you typically fall asleep on Friday or Saturday night?

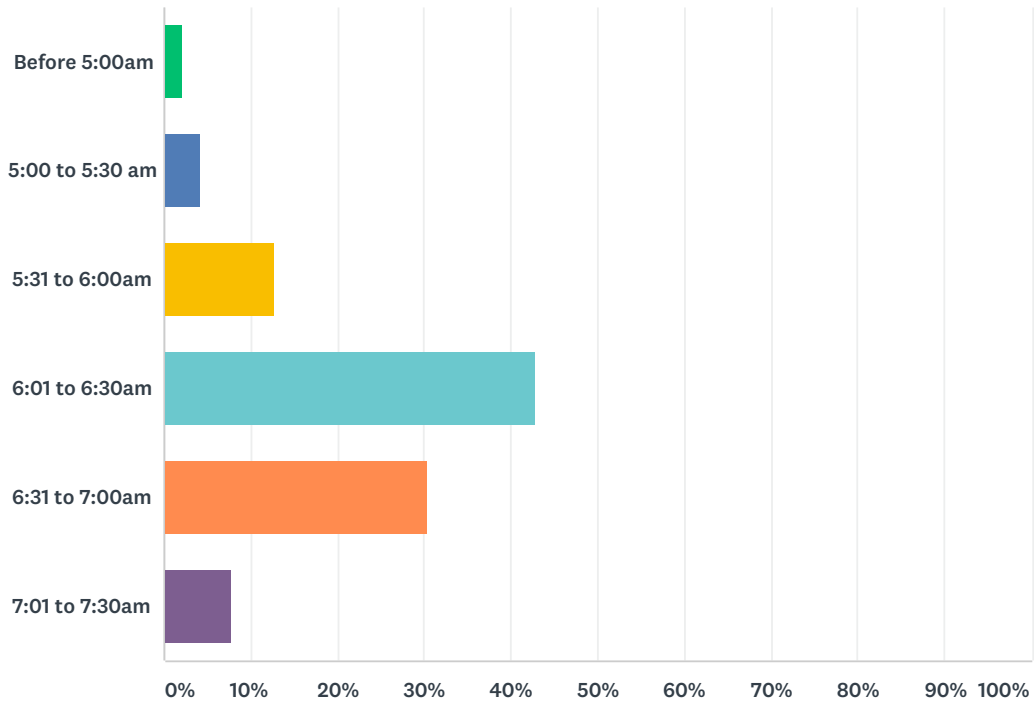
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES
Before 9:00pm	1.03% 12
9:01 to 9:30pm	3.53% 41
9:31 to 10:00pm	10.00% 116
10:01 to 10:30pm	13.79% 160
10:31 to 11:00pm	16.21% 188
11:01 to 11:30 pm	15.60% 181
11:31 to midnight	17.67% 205
12:01 to 12:31am	10.86% 126
After 12:31am	11.29% 131
<b>TOTAL</b>	<b>1,160</b>

### Q3 What time do you get up in the morning on school days?

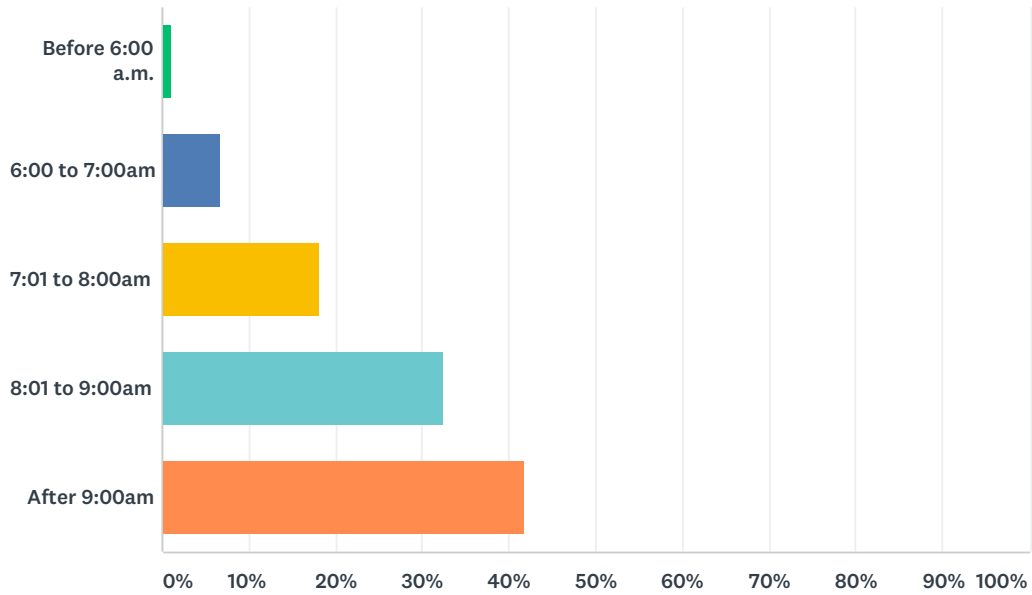
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Before 5:00am	2.07%	24
5:00 to 5:30 am	4.22%	49
5:31 to 6:00am	12.67%	147
6:01 to 6:30am	42.93%	498
6:31 to 7:00am	30.43%	353
7:01 to 7:30am	7.67%	89
<b>TOTAL</b>		<b>1,160</b>

## Q4 What time do you get up on weekends or non-school days?

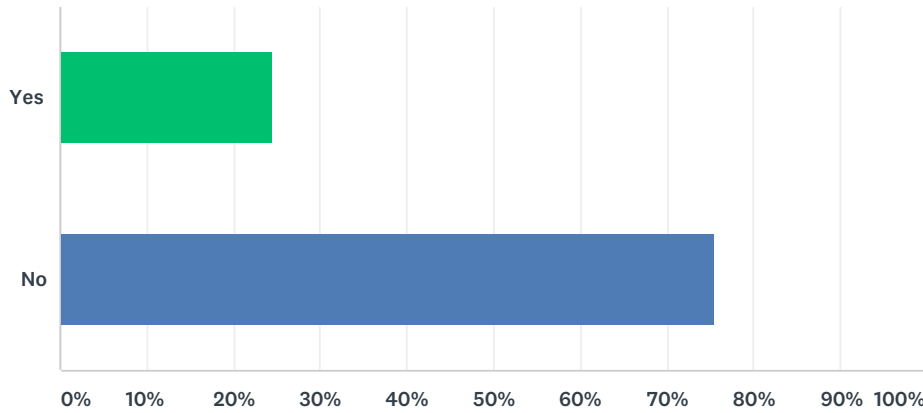
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES
Before 6:00 a.m.	0.95% 11
6:00 to 7:00am	6.64% 77
7:01 to 8:00am	18.10% 210
8:01 to 9:00am	32.50% 377
After 9:00am	41.81% 485
<b>TOTAL</b>	<b>1,160</b>

### Q5 Do you usually feel well-rested and alert at school when you arrive at school in the morning?

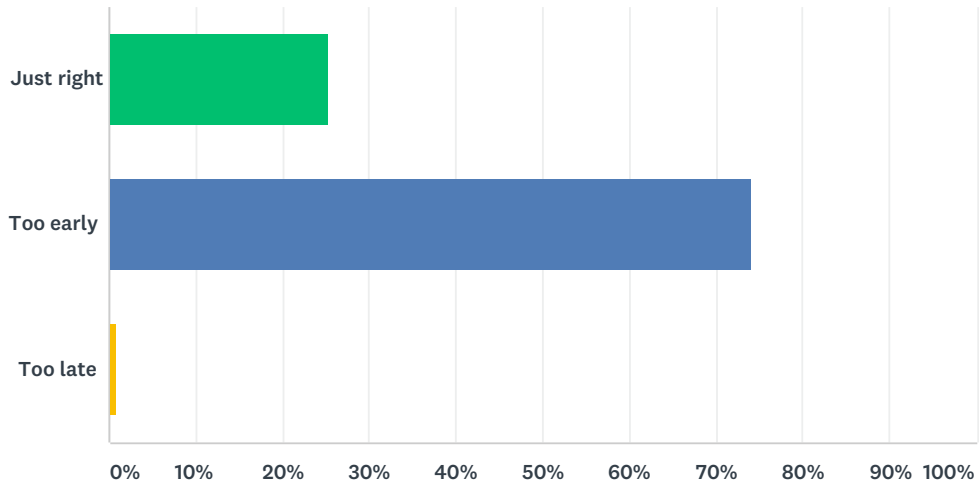
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	24.48%	284
No	75.52%	876
TOTAL		1,160

## Q6 The school day starts at 7:45 am. In your opinion, the school start time is

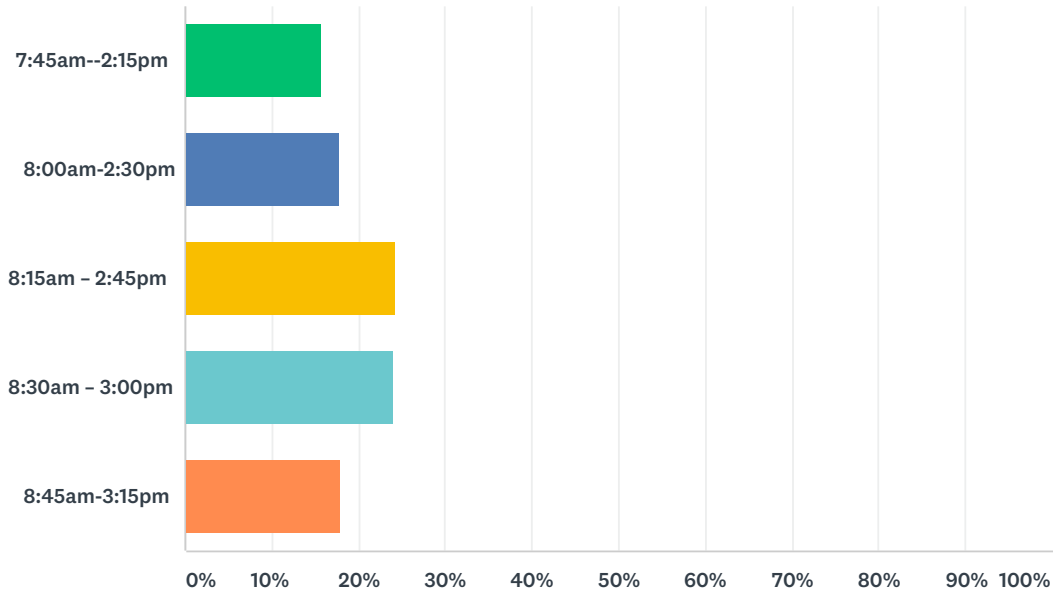
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Just right	25.26%	293
Too early	73.97%	858
Too late	0.78%	9
TOTAL		1,160

**Q7 Which of these possible schedules would be best for students?  
Assume extracurricular activities and sports could be adjusted. (Please note: Other Middlesex League high schools end their day or plan to end their day on or around 3:15pm.)**

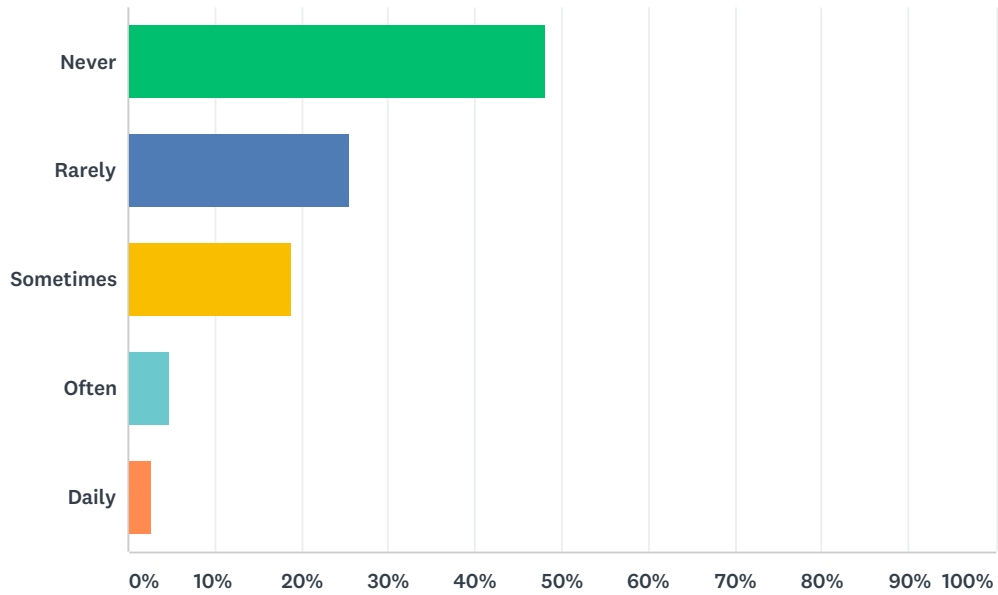
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
7:45am--2:15pm	15.78%	183
8:00am-2:30pm	17.84%	207
8:15am - 2:45pm	24.31%	282
8:30am - 3:00pm	24.05%	279
8:45am-3:15pm	18.02%	209
TOTAL		1,160

## Q8 How often do you fall asleep in class?

Answered: 1,160 Skipped: 0

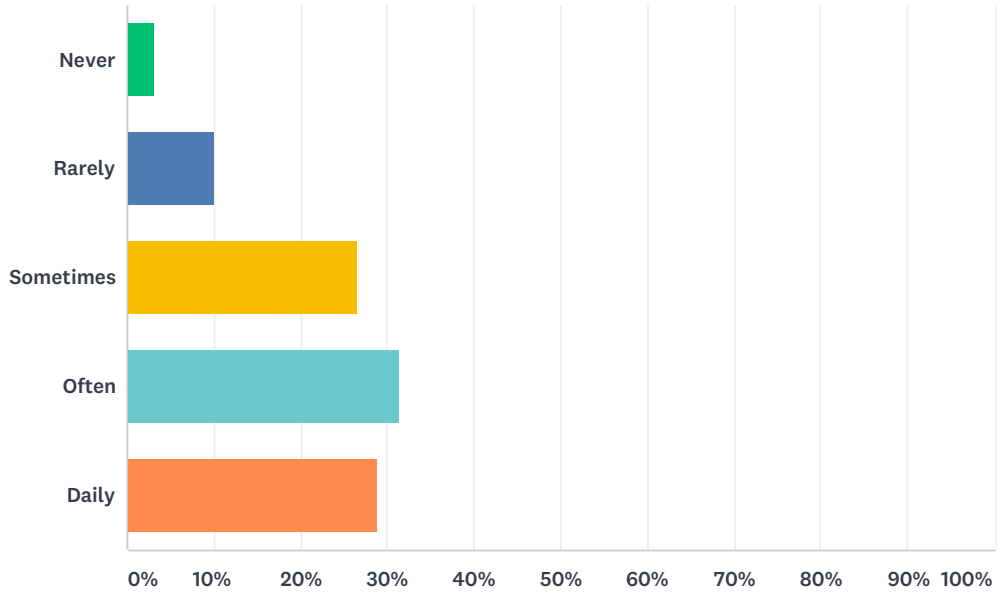


ANSWER CHOICES	RESPONSES	
Never	48.02%	557
Rarely	25.60%	297
Sometimes	18.88%	219
Often	4.74%	55
Daily	2.76%	32
<b>TOTAL</b>		<b>1,160</b>



### Q9 How often are you tired during class?

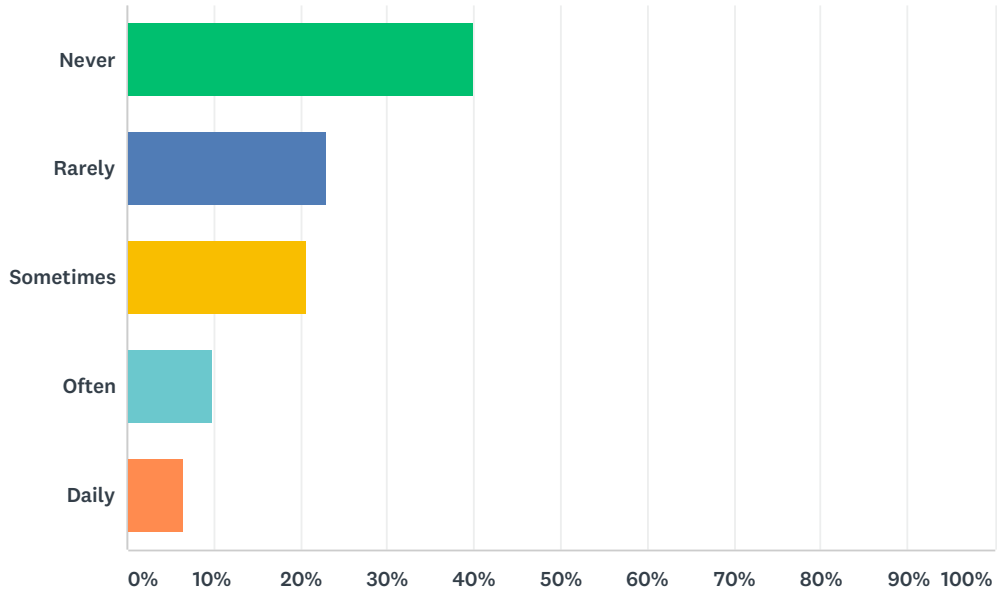
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Never	3.10%	36
Rarely	10.09%	117
Sometimes	26.55%	308
Often	31.29%	363
Daily	28.97%	336
<b>TOTAL</b>		<b>1,160</b>

## Q10 How often do you take a nap after school?

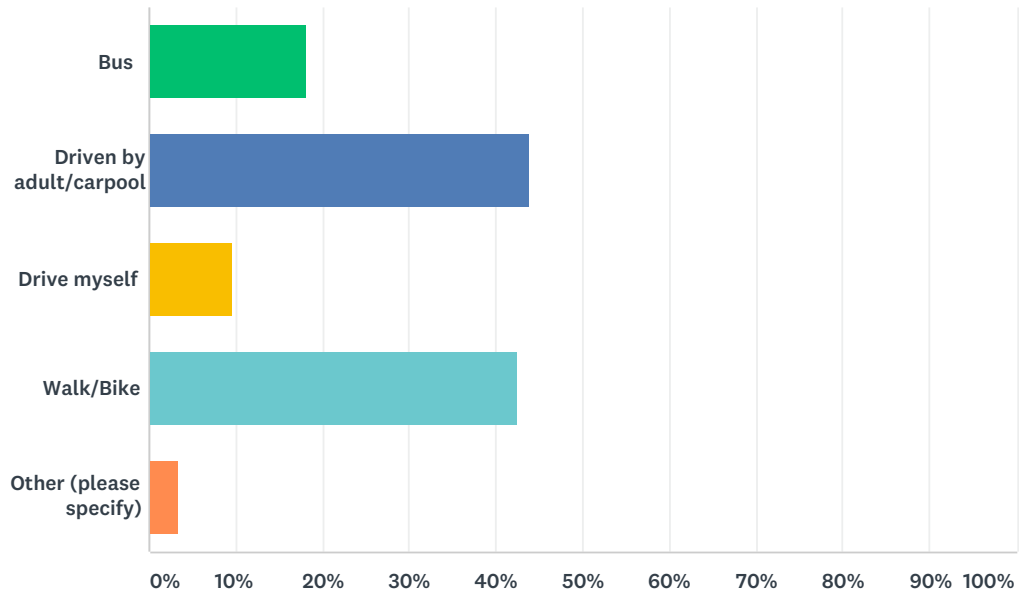
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Never	39.91%	463
Rarely	22.93%	266
Sometimes	20.69%	240
Often	9.91%	115
Daily	6.55%	76
<b>TOTAL</b>		<b>1,160</b>

## Q11 How do you get to school from home each school day?

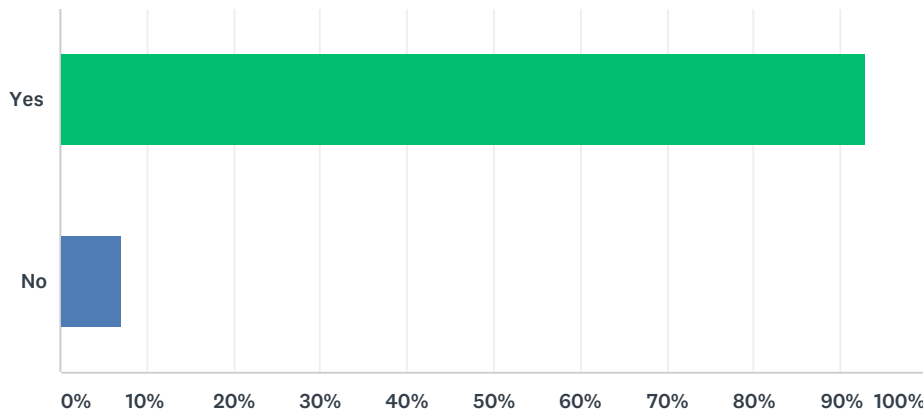
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Bus	18.19%	211
Driven by adult/carpool	43.88%	509
Drive myself	9.57%	111
Walk/Bike	42.50%	493
Other (please specify)	3.28%	38
Total Respondents: 1,160		

## Q12 Do you participate in extracurricular or sports activities during the school year?

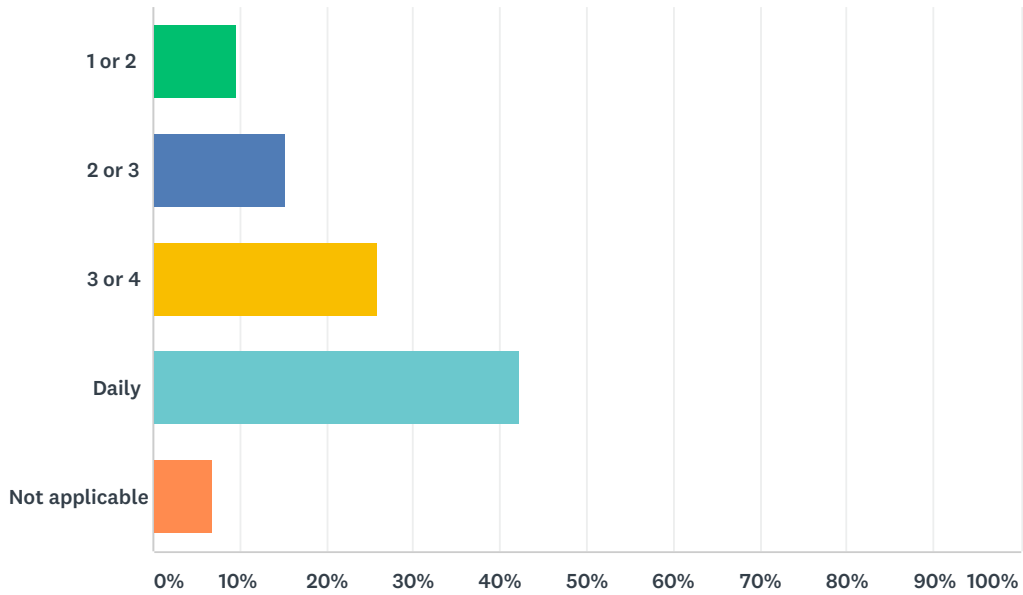
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	92.93%	1,078
No	7.07%	82
TOTAL		1,160

### Q13 If you play a sport or belong to an extracurricular club/activity, how many days do you spend doing this during the school week?

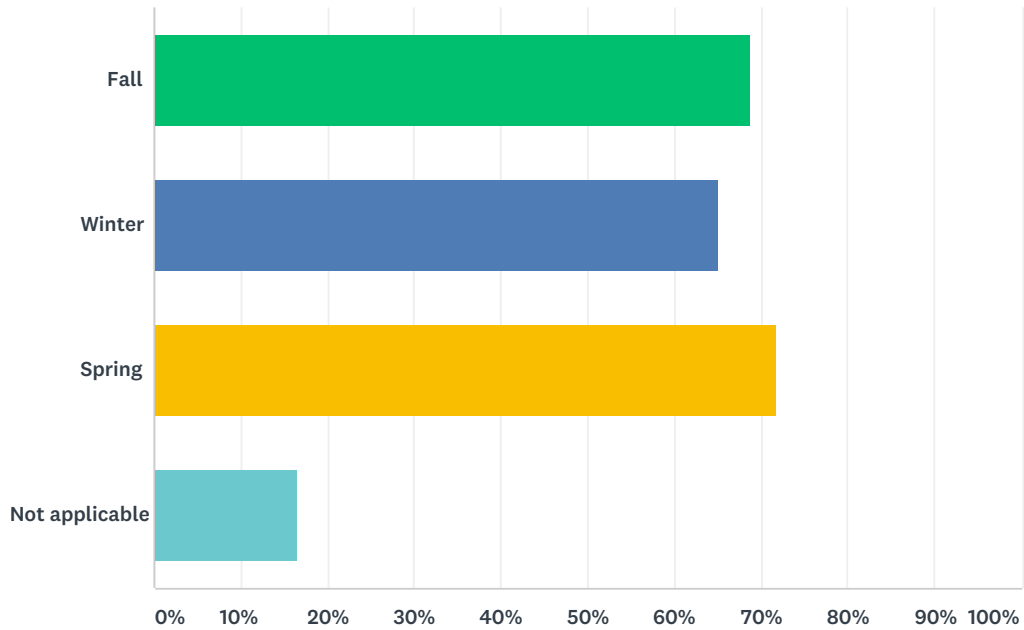
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
1 or 2	9.57%	111
2 or 3	15.26%	177
3 or 4	26.03%	302
Daily	42.24%	490
Not applicable	6.90%	80
<b>TOTAL</b>		<b>1,160</b>

### Q14 In how many seasons do you participate in sports?

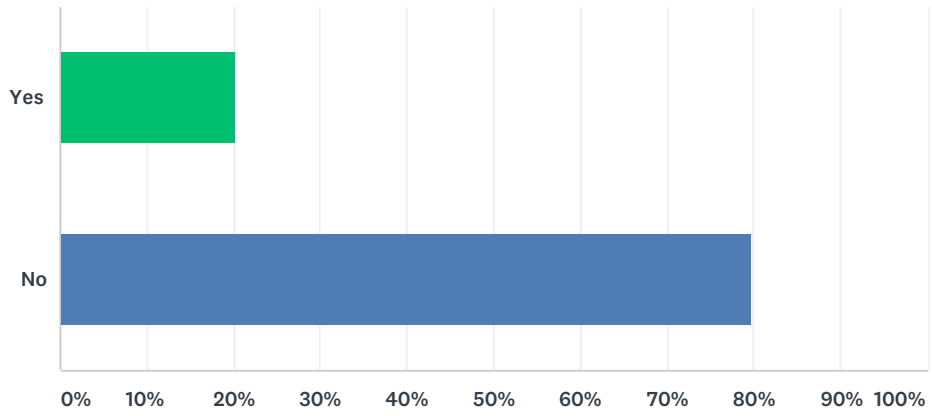
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES
Fall	68.79% 798
Winter	65.00% 754
Spring	71.81% 833
Not applicable	16.47% 191
Total Respondents: 1,160	

### Q15 Do you work at a job or internship during the school year, on school days?

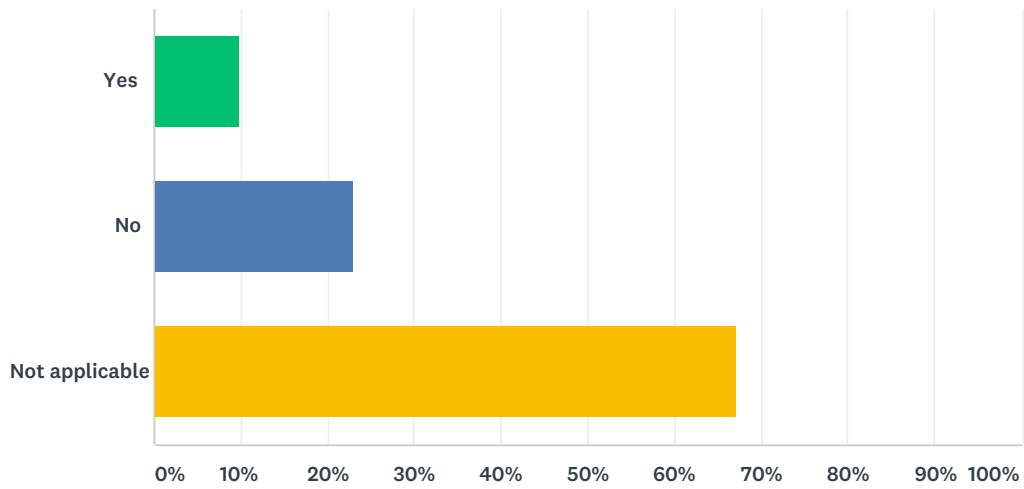
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	20.26%	235
No	79.74%	925
TOTAL		1,160

### Q16 If you work at a job or internship, would a later school ending time have an impact on this?

Answered: 1,160 Skipped: 0

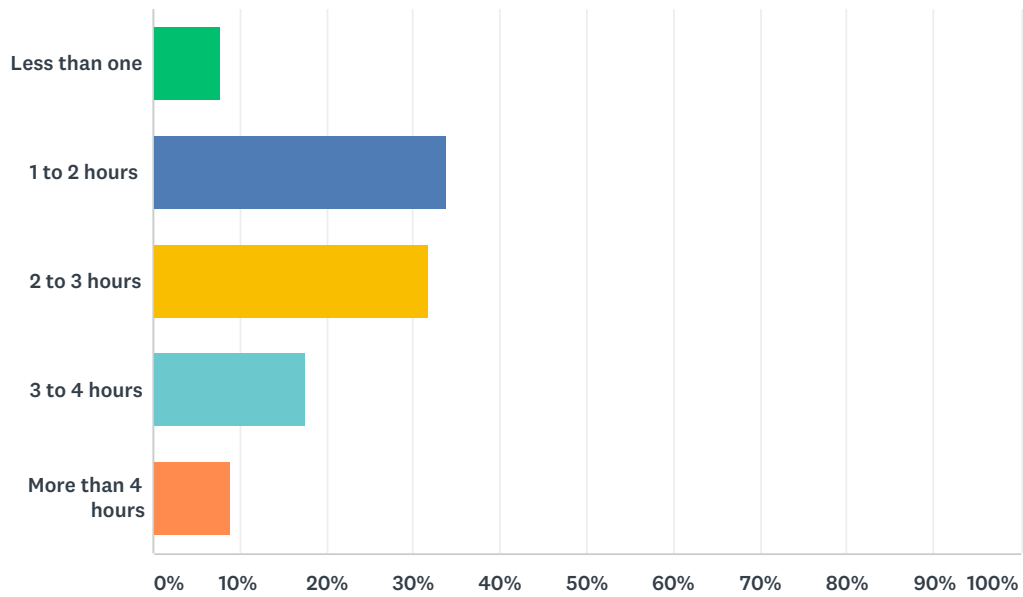


ANSWER CHOICES	RESPONSES	
Yes	9.91%	115
No	22.93%	266
Not applicable	67.16%	779
<b>TOTAL</b>		<b>1,160</b>



### Q17 On average, how many hours of homework do you complete per night?

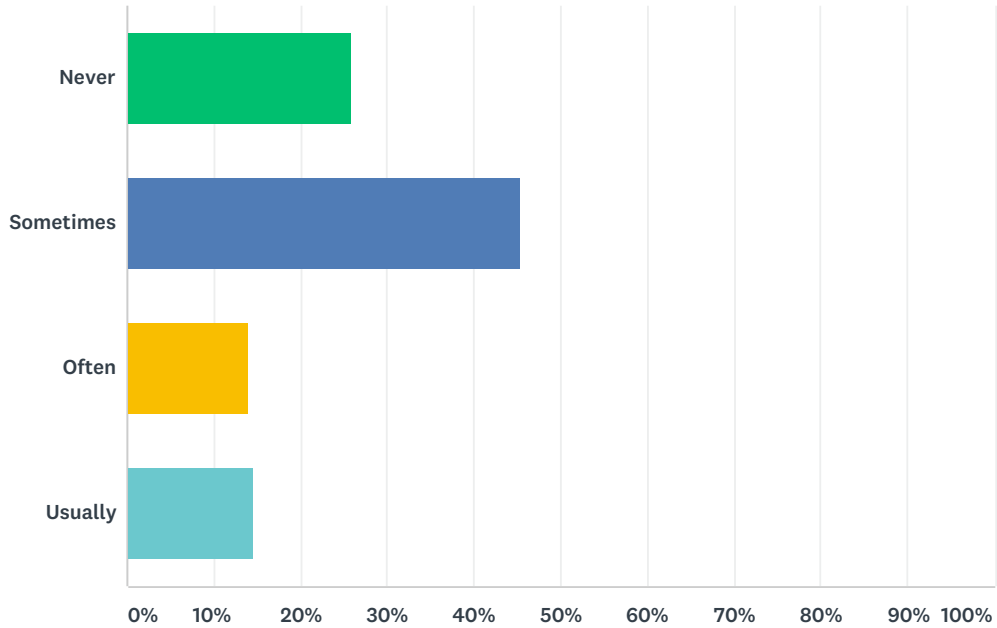
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than one	7.76%	90
1 to 2 hours	33.97%	394
2 to 3 hours	31.81%	369
3 to 4 hours	17.50%	203
More than 4 hours	8.97%	104
<b>TOTAL</b>		<b>1,160</b>

Q18 On average, how often do you feel that you have enough time each night to complete your homework AND get enough sleep to be well-rested?

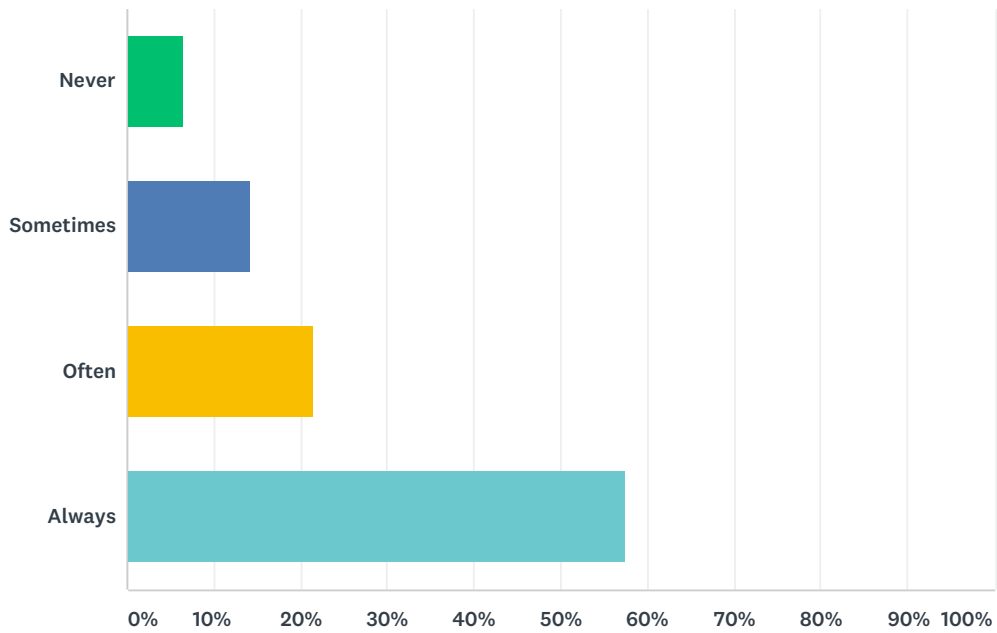
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Never	25.86%	300
Sometimes	45.43%	527
Often	13.97%	162
Usually	14.74%	171
TOTAL		1,160

## Q19 If you could sleep later on school mornings, how often would you do so?

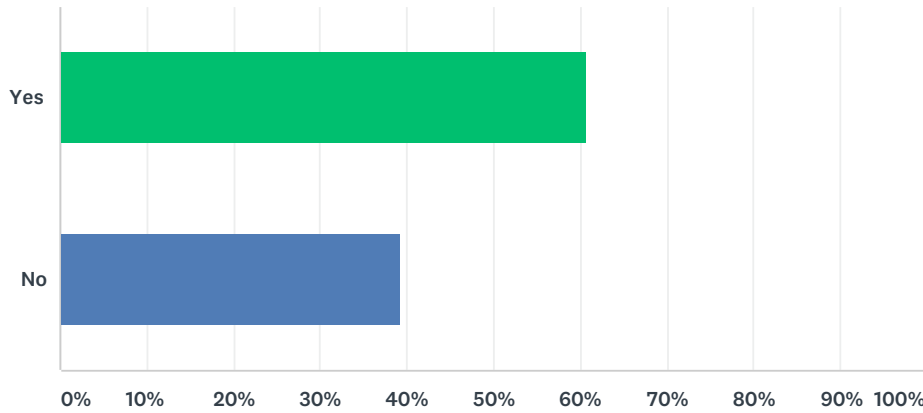
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Never	6.55%	76
Sometimes	14.31%	166
Often	21.55%	250
Always	57.59%	668
TOTAL		1,160

## Q20 Do you usually have time to eat breakfast before you come to school?

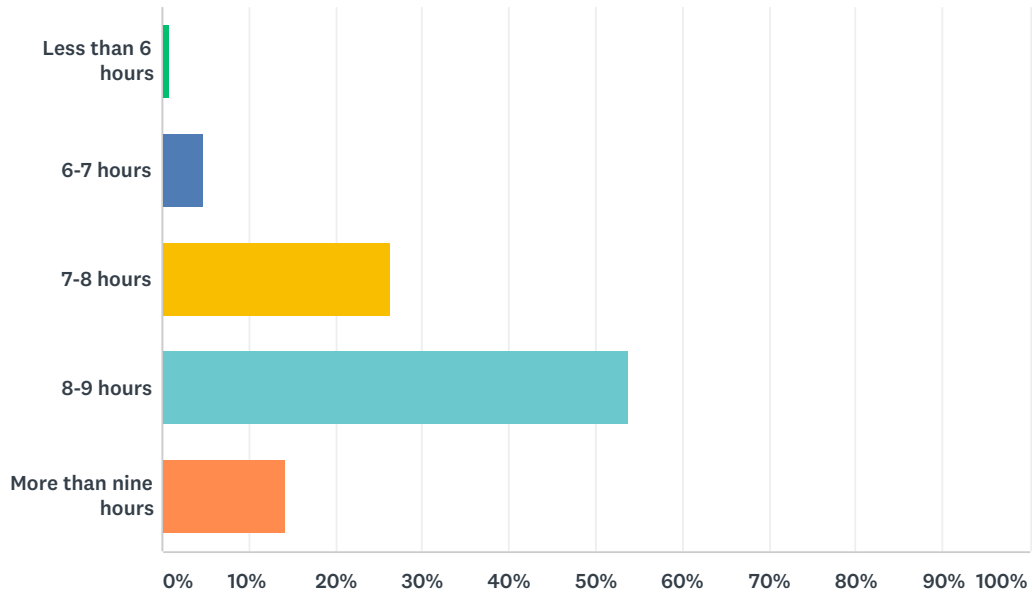
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	60.69%	704
No	39.31%	456
TOTAL		1,160

## Q21 On average, how much sleep do you think teenagers need each night to stay healthy?

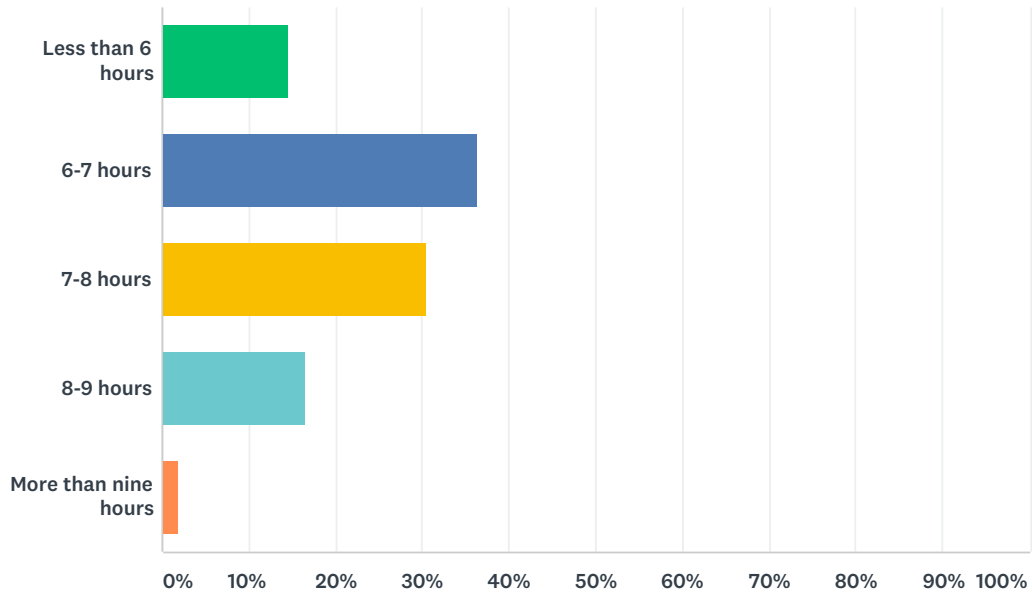
Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES
Less than 6 hours	0.78% 9
6-7 hours	4.83% 56
7-8 hours	26.38% 306
8-9 hours	53.71% 623
More than nine hours	14.31% 166
TOTAL	1,160

## Q22 On average, how much sleep do you get on school nights?

Answered: 1,160 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 6 hours	14.66%	170
6-7 hours	36.47%	423
7-8 hours	30.52%	354
8-9 hours	16.55%	192
More than nine hours	1.81%	21
<b>TOTAL</b>		<b>1,160</b>

**Q23 If you have any comments, please share them in the space below.  
Thank you!**

Answered: 290 Skipped: 870