

# Student Advisory Council Report on Students' Sleep Cycles

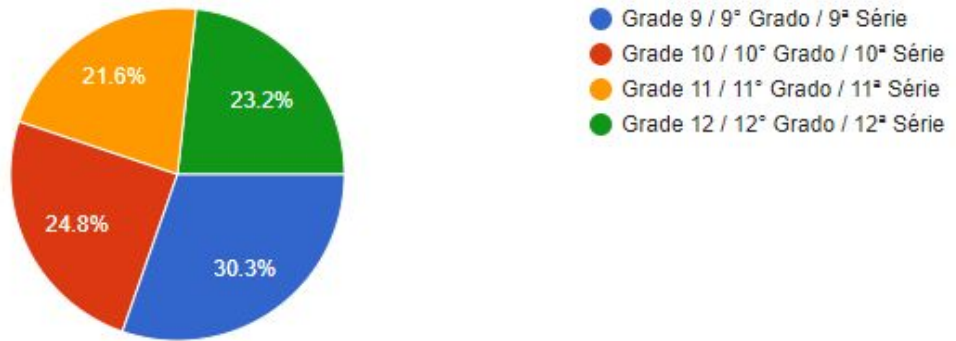
Presented by Nick Small and Rose Bailey

20 May 2020

Following the May 6 School Committee meeting, the SAC created a survey to respond to Mr. Epstein's question about students' sleep habits. The survey was translated into Spanish and Portuguese and was available for students to respond for 6 days. A total of 379 students responded. Below are the survey results.

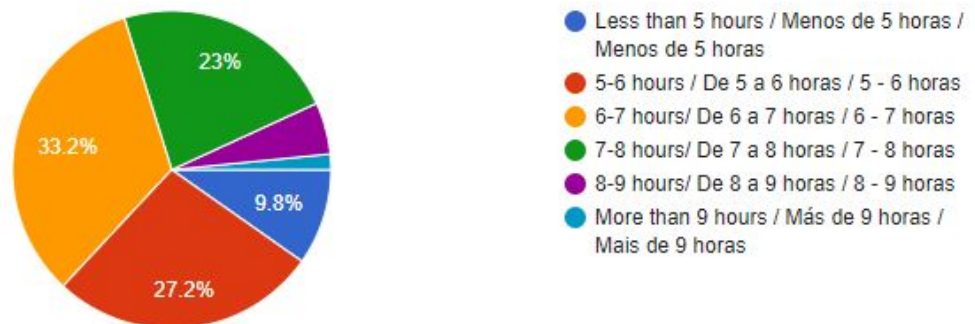
## Question 1: What grade are you in?

379 responses



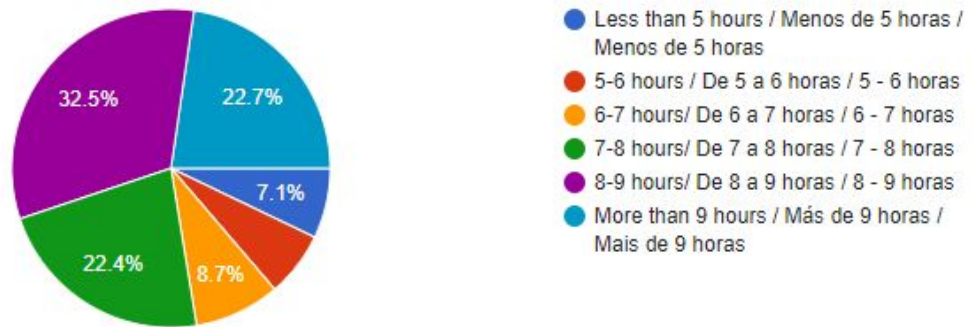
## Question 2: Approximately how many hours of sleep did you typically get on a school night BEFORE the COVID-19 school closure?

379 responses



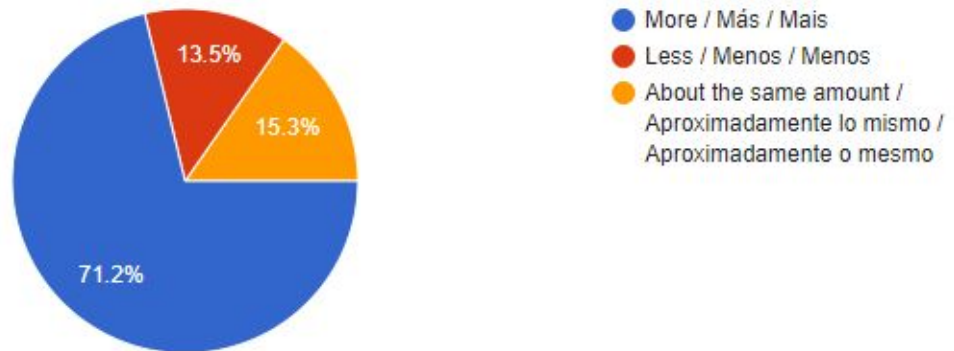
Question 3: Approximately how many hours of sleep do you typically get on a school night DURING the COVID-19 school closure?

379 responses



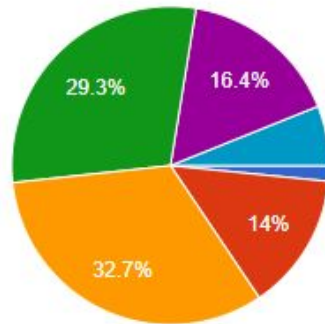
Question 4: Overall, are you getting more sleep or less sleep on school nights during the COVID-19 school closure?

379 responses



Question 5: Around what time did you typically go to sleep on a school night BEFORE the COVID-19 school closure?

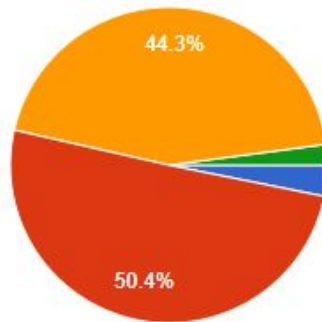
379 responses



- Before 9PM / Antes de las 9:00 p. m. / Antes das 21h
- 9PM - 10PM / De 9:00 p. m. a 10:00 p. m. / 21h - 22h
- 10PM - 11PM / De 10:00 p. m. a 11:00 p. m. / 22h - 23h
- 11PM - 12AM / De 11:00 p. m. a 12:00 a. m. / 23h - 0h
- 12AM - 1AM / De 12:00 a. m. a 1:00 a...
- After 1AM / Después de la 1:00 a. m. / ...

Question 6: Around what time did you typically wake up on a school day BEFORE the COVID-19 school closure?

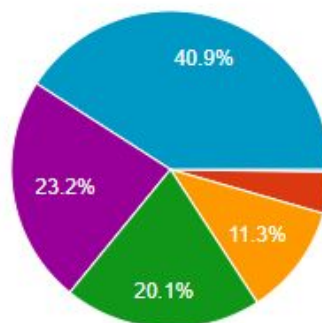
379 responses



- Before 5AM / Antes de las 5:00 a. m. / Antes da 5h
- 5AM - 6AM / De 5:00 a. m. a 6:00 a. m. / 5h - 6h
- 6AM - 7AM / De 6:00 a. m. a 7:00 a. m. / 6h - 7h
- After 7AM / Después de las 7:00 a. m. / Depois das 7h

Question 7: Around what time do you typically go to sleep on a school night DURING the COVID-19 school closure?

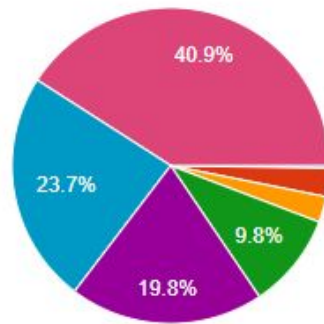
379 responses



- Before 9PM / Antes de las 9:00 p. m. / Antes das 21h
- 9PM - 10PM / De 9:00 p. m. a 10:00 p. m. / 21h - 22h
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- 11PM - 12AM / De 11:00 p. m. a 12:00 a. m. / 23h - 0h
- 12AM - 1AM / De 12:00 a. m. a 1:00 a...
- After 1AM / Después de la 1:00 a. m. / ...

Question 8: Around what time do you typically wake up on a school day DURING the COVID-19 school closure?

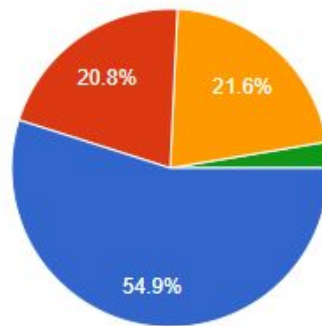
379 responses



- Before 5AM / Antes de las 5:00 a. m. / Antes da 5h
- 5AM - 6AM / De 5:00 a. m. a 6:00 a. m. / 5h - 6h
- 6AM - 7AM / De 6:00 a. m. a 7:00 a. m. / 6h - 7h
- 7AM - 8AM / De 7:00 a. m. a 8:00 a....
- 8AM - 9AM / De 8:00 a. m. a 9:00 a....
- 9AM - 10AM / De 9:00 a. m. a 10:00 a...
- After 10AM / Después de las 10:00 a....

Question 9: Do you feel that this change in your sleep schedule has positively impacted your ability to function?

379 responses



- Yes / Sí / Sim
- No, it has had a negative impact / No, ha tenido un impacto negativo / Não, ela teve um impacto negativo
- No, it has had no impact / No, no ha tenido ningún impacto / Não, ela não teve nenhum impacto
- My sleep schedule has not changed / Mi horario de sueño no ha cambiado / Meu horário de sono não mudou