

Do Middle Schoolers Get Enough Hours of Sleep?

Introduction:

I surveyed a total of 188 middle school students to see if they are getting enough hours of sleep as per the Center of Disease Control and Prevention (CDC) and the American Academy of Sleep Medicine (AASM) recommendations.

Hypothesis:

I predict that middle school students are not getting enough hours of sleep as per CDC and AASM recommendations.

CDC and AASM both recommend that teenagers (13 - 18 years old) should get 8 - 10 hours of sleep each day.

Conclusion:

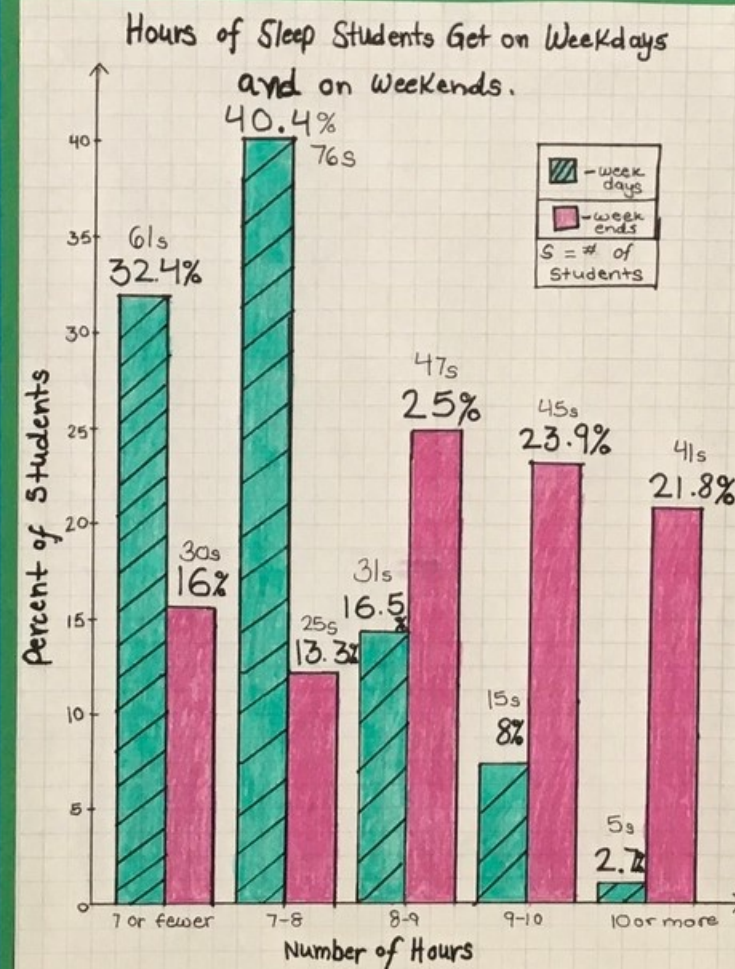
According to my survey I can conclude that 72.8% of middle schoolers are not getting enough hours of sleep on the weekdays as per CDC & AASM recommendations. However, 48.9% of the students are getting enough hours of sleep on the weekends as per the recommendation. Furthermore, 2.7% of middle school students are getting more hours of sleep than recommended on weekdays, and 21.8% on weekends.

Additional Findings Based on My Data:

- 92 students (48.9%) said the main reason they go to sleep late is because of their daily homework.
- 92 students (48.9%) said the main reason they go to sleep late is because they have difficulty sleeping at their planned bedtime.
- 75 students (39.9%) said the main reason they go to sleep early is because that is when they feel tired.
- About half of the students feel well rested and the other half do not.
- Students sleep more on the weekends than they do on the weekdays.

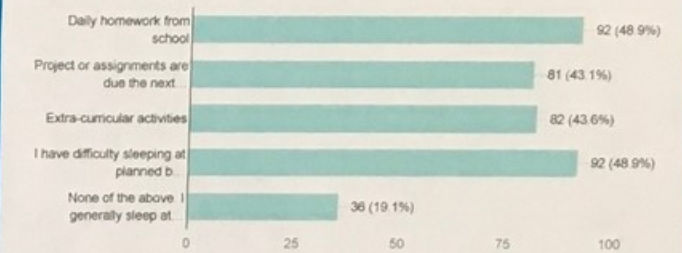
How many hours of sleep, on average, do you get on weekdays?

How many hours of sleep, on average, do you get on weekends?



What are your reasons for going to sleep late? Check all that apply.

188 responses



What are your reasons for going to sleep early? Check all that apply.

188 responses



Do you mostly feel well-rested when you wake up?

