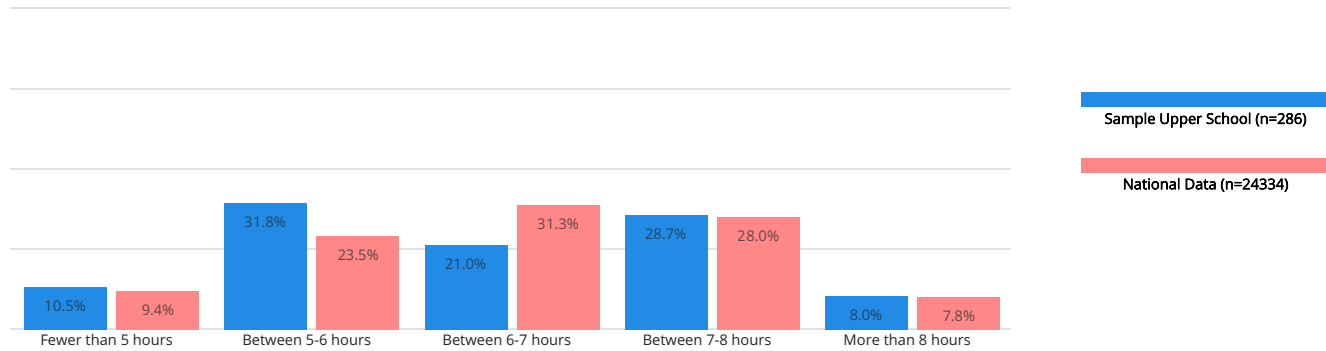


13. Last night, about how many hours of sleep did you get?

	Sample Upper School		National Data	
	N	%	N	%
Fewer than 5 hours	30	10.49%	2299	9.45%
Between 5-6 hours	91	31.82%	5707	23.45%
Between 6-7 hours	60	20.98%	7613	31.29%
Between 7-8 hours	82	28.67%	6806	27.97%
More than 8 hours	23	8.04%	1909	7.84%
Total	286	100%	24334	100%

Last night, about how many hours of sleep did you get?



Cross tabulations by self-reported grade and sex (at birth)

Sample Upper School: Last night, about how many hours of sleep did you get?

	Fewer than 5 hours		Between 5-6 hours		Between 6-7 hours		Between 7-8 hours		More than 8 hours	
	N	%	N	%	N	%	N	%	N	%
Grade 9	6	7.23%	20	24.10%	18	21.69%	30	36.14%	8	9.64%
Grade 10	5	7.69%	18	27.69%	12	18.46%	27	41.54%	3	4.62%
Grade 11	12	15.38%	33	42.31%	14	17.95%	13	16.67%	6	7.69%
Grade 12	7	11.48%	20	32.79%	16	26.23%	11	18.03%	6	9.84%
Sex: Male	17	11.18%	43	28.29%	25	16.45%	53	34.87%	14	9.21%
Sex: Female	13	9.56%	48	35.29%	35	25.74%	29	21.32%	9	6.62%

National data: Last night, about how many hours of sleep did you get?

	Fewer than 5 hours		Between 5-6 hours		Between 6-7 hours		Between 7-8 hours		More than 8 hours	
	N	%	N	%	N	%	N	%	N	%
Grade 9	395	6.59%	1084	18.07%	1806	30.11%	2038	33.98%	675	11.25%
Grade 10	565	9.06%	1423	22.82%	1953	31.32%	1843	29.56%	451	7.23%
Grade 11	674	10.80%	1617	25.92%	2018	32.35%	1537	24.64%	392	6.28%
Grade 12	661	11.36%	1571	26.99%	1822	31.30%	1381	23.72%	386	6.63%
Sex: Male	1012	8.31%	2579	21.17%	3769	30.94%	3692	30.31%	1130	9.28%
Sex: Female	1278	10.59%	3110	25.76%	3818	31.63%	3095	25.64%	770	6.38%