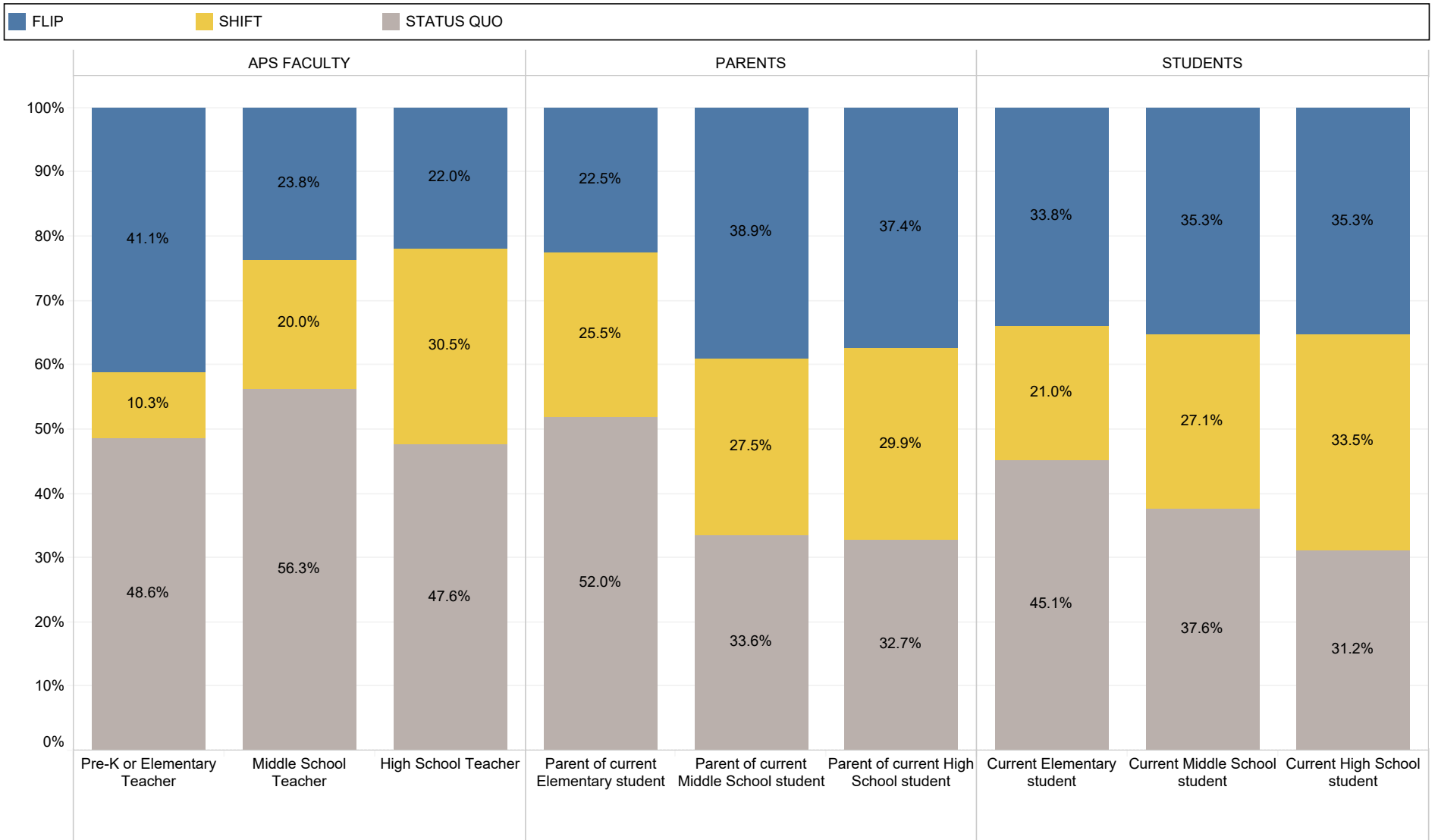


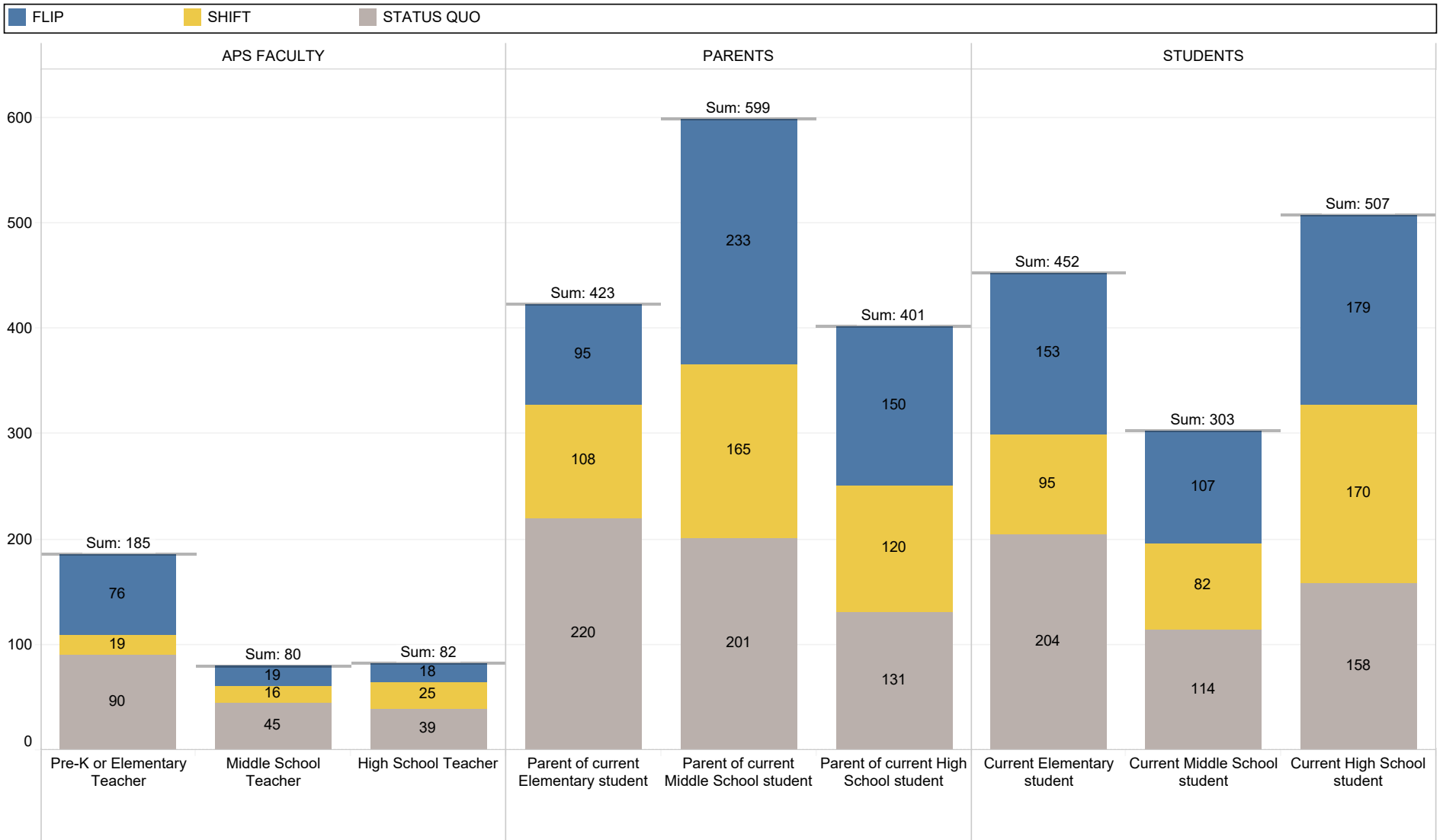
## Preferred Scenarios of Faculty\*, Parents, and Students by grade level.

\* Faculty were asked which scenario would be best for Students, and which scenario would be best for Faculty and Staff. The data depicted below are the scenarios Faculty believe would be best for Students.



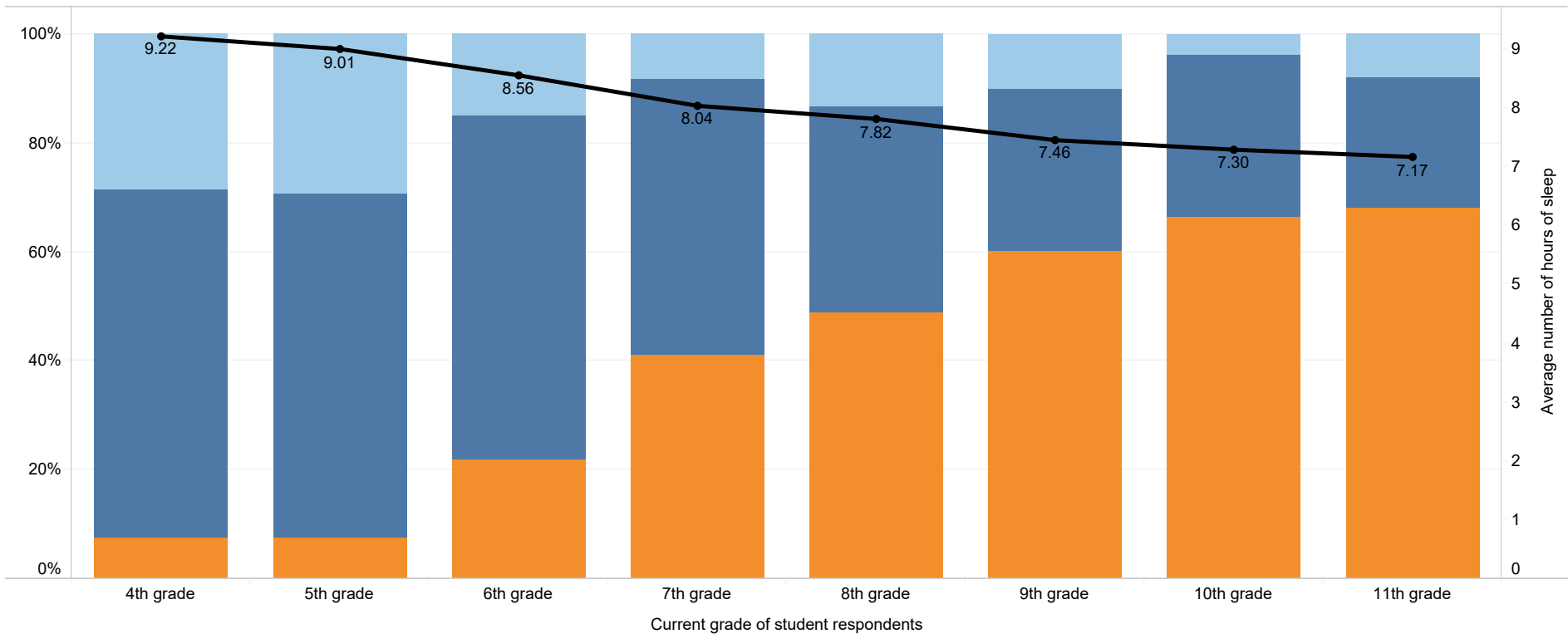
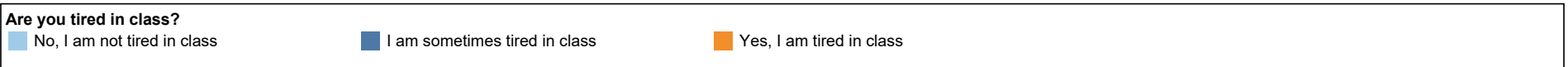
## Preferred Scenarios of Faculty\*, Parents, and Students by grade level.

\* Faculty were asked which scenario would be best for Students, and which scenario would be best for Faculty and Staff. The data depicted below are the scenarios Faculty believe would be best for Students.



The percentage of students saying they are tired in class increases dramatically as students get older.

Average number of hours of sleep is depicted by the black line and is determined from survey items asking students what time they go to bed and what time they wake up.

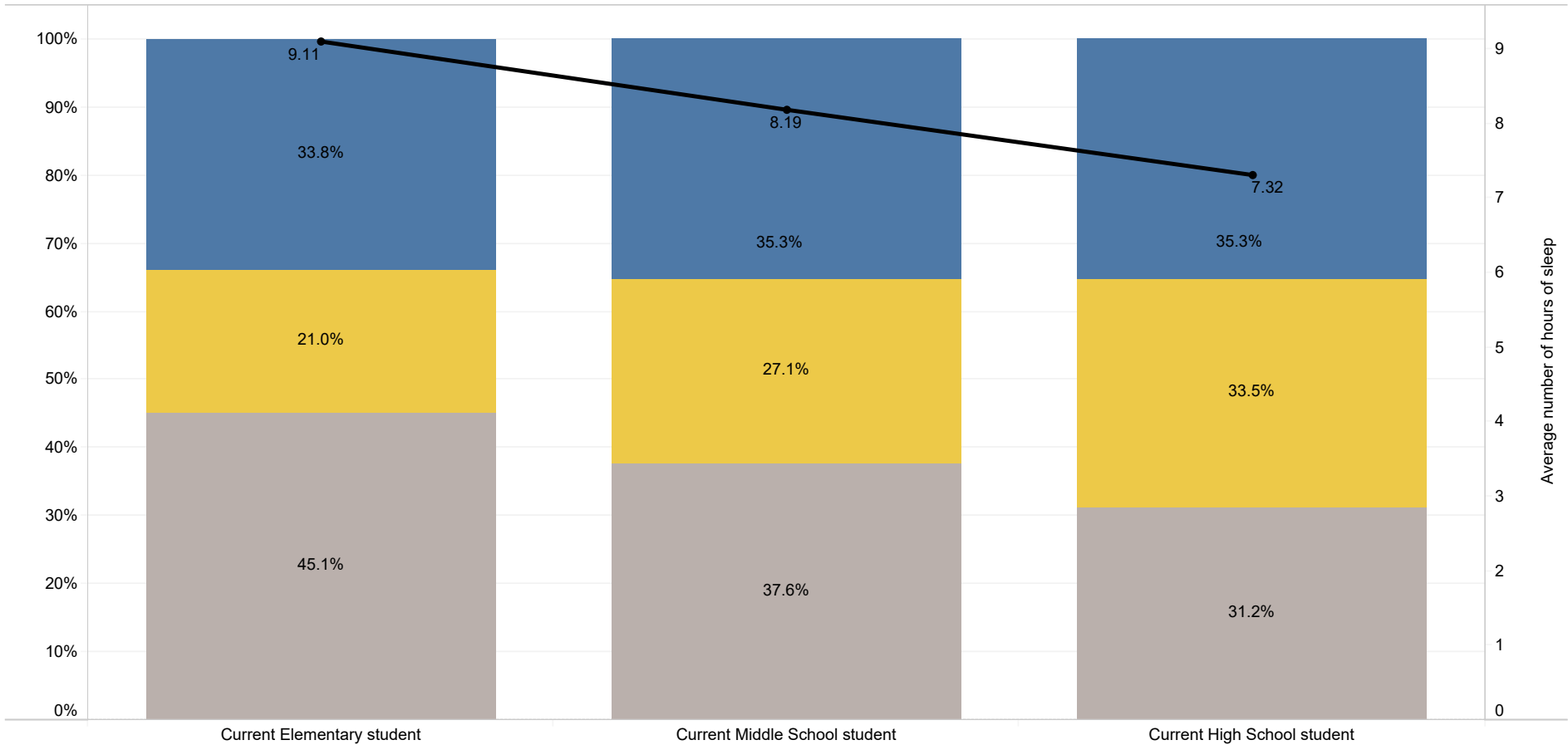


Are you tired in class?								
	4th grade	5th grade	6th grade	7th grade	8th grade	9th grade	10th grade	11th grade
No, I am not tired in class	28.7%	29.4%	15.1%	8.2%	13.2%	9.9%	3.7%	8.0%
I am sometimes tired in class	63.9%	63.0%	63.2%	50.8%	38.0%	29.8%	29.9%	23.9%
Yes, I am tired in class	7.4%	7.6%	21.7%	41.0%	48.8%	60.2%	66.4%	68.1%

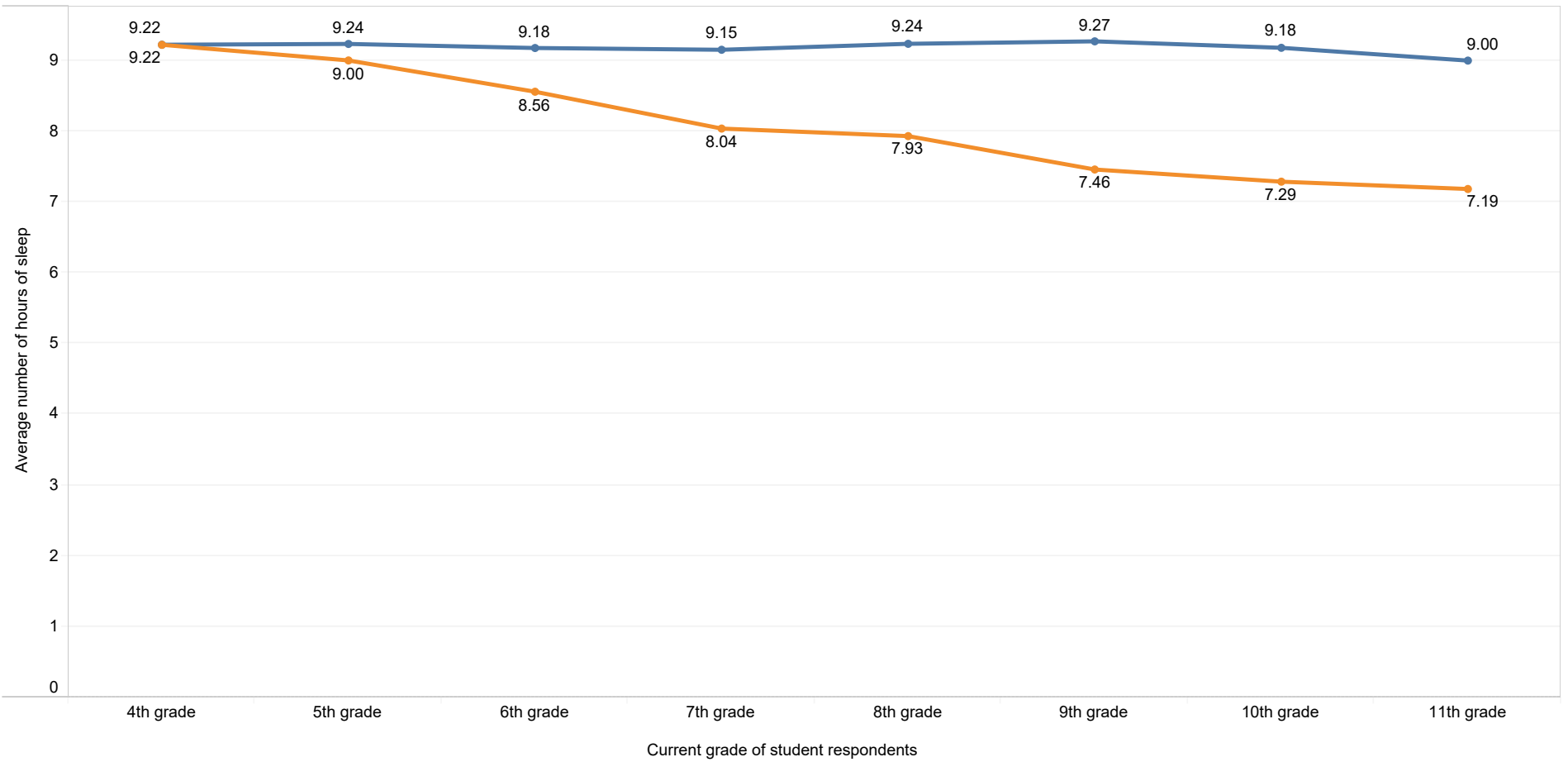
Students are more likely to support a change in school start times as they get older.

Average number of hours of sleep is depicted by the black line and is determined from survey items asking students what time they go to bed and what time they wake up.

Which of these possible scenarios would be best for you?  
 ■ FLIP ■ SHIFT ■ STATUS QUO

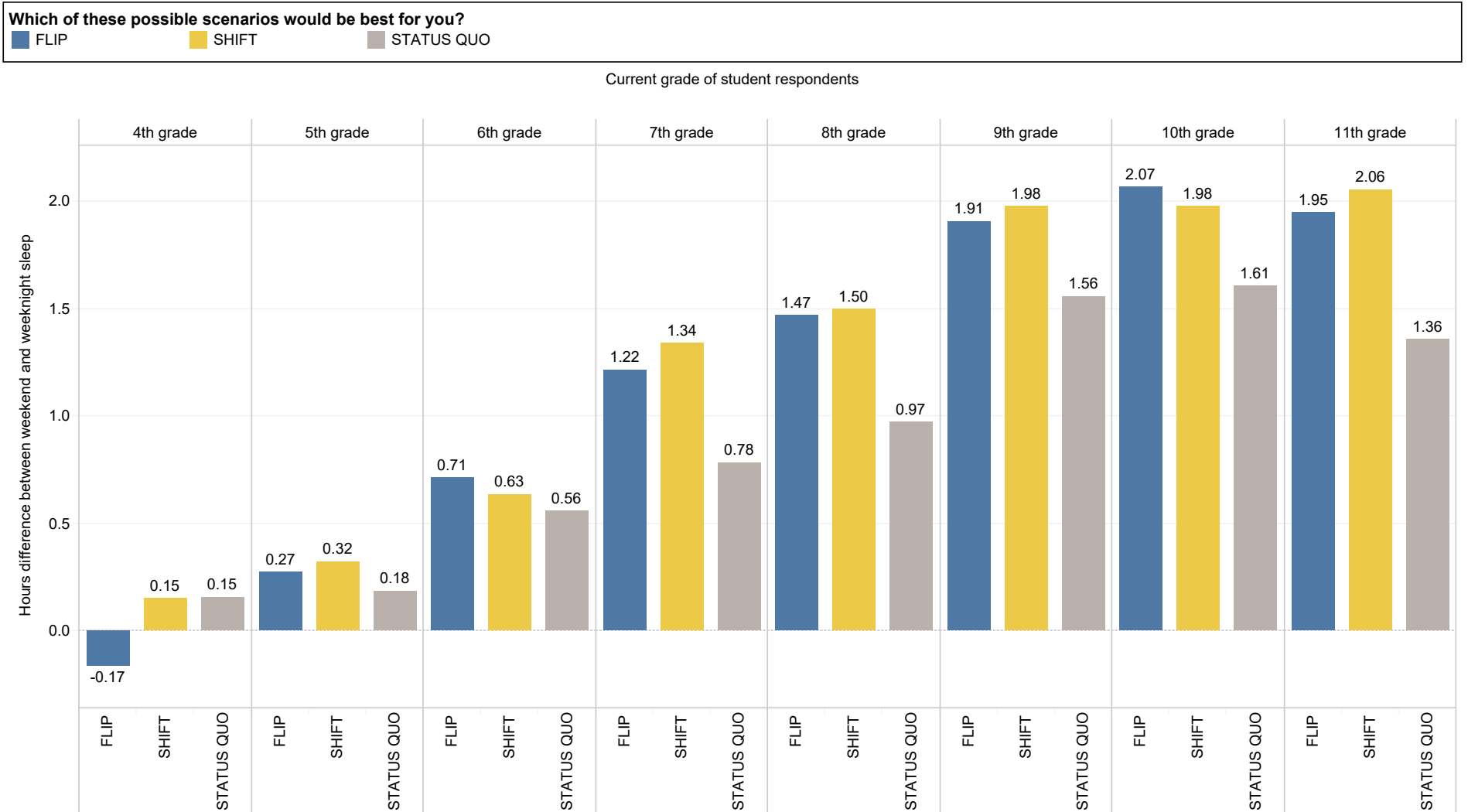


As students get older, the amount of weeknight sleep decreases while the amount of weekend sleep remains relatively constant.  
Average number of hours of sleep determined from survey items asking students what time they go to bed and what time they wake up.



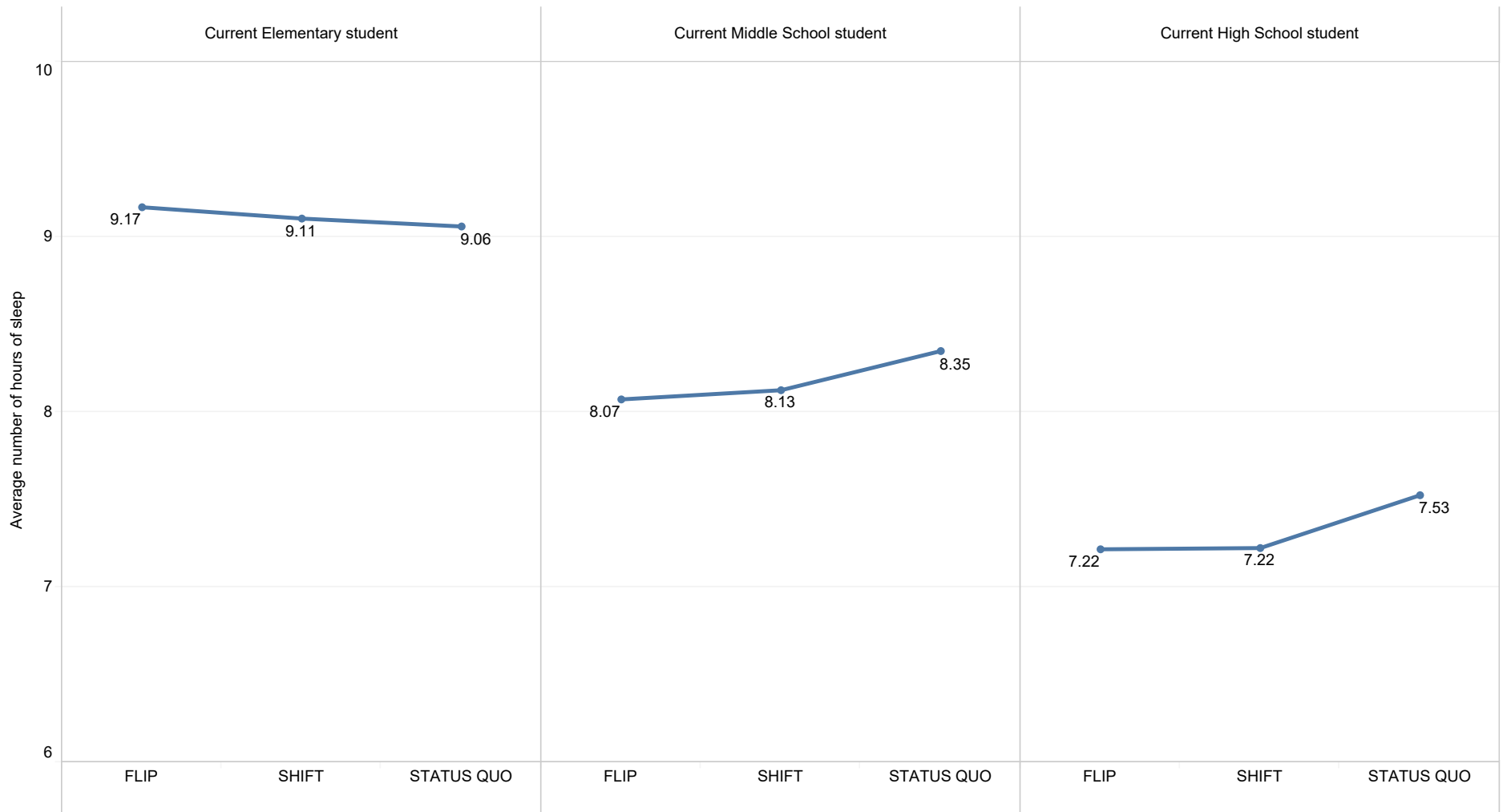
As the discrepancy between weekend and weeknight sleep grows, so too does student support for a change in school start times.

Bars depict the average number of hours difference between weekend and weeknight sleep. The larger the bar, the greater the difference. Students with smaller relative discrepancies support the status quo; students with larger relative discrepancies support change.



# Middle School and High School students who get less sleep are more likely to favor a change in school start times.

Average number of hours of sleep determined from survey items asking students what time they go to bed and what time they wake up.

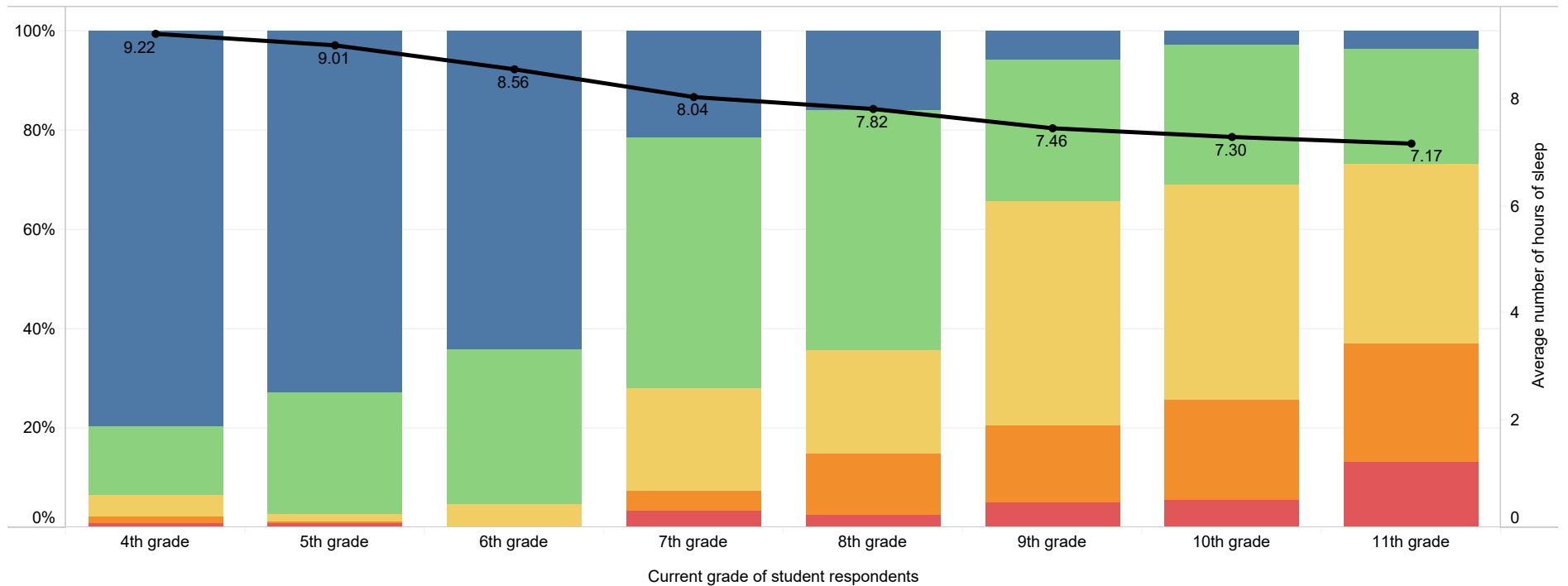


Older students have more homework and get less sleep than do younger students.

Average number of hours of sleep is depicted by the black line and is determined from survey items asking students what time they go to bed and what time they wake up.

**On average, how many hours of homework do you have per night?**

■ Less than 1 hour of HW    
 ■ 1-2 hours of HW    
 ■ 2-3 hours of HW    
 ■ 3-4 hours of HW    
 ■ 4+ hours of HW



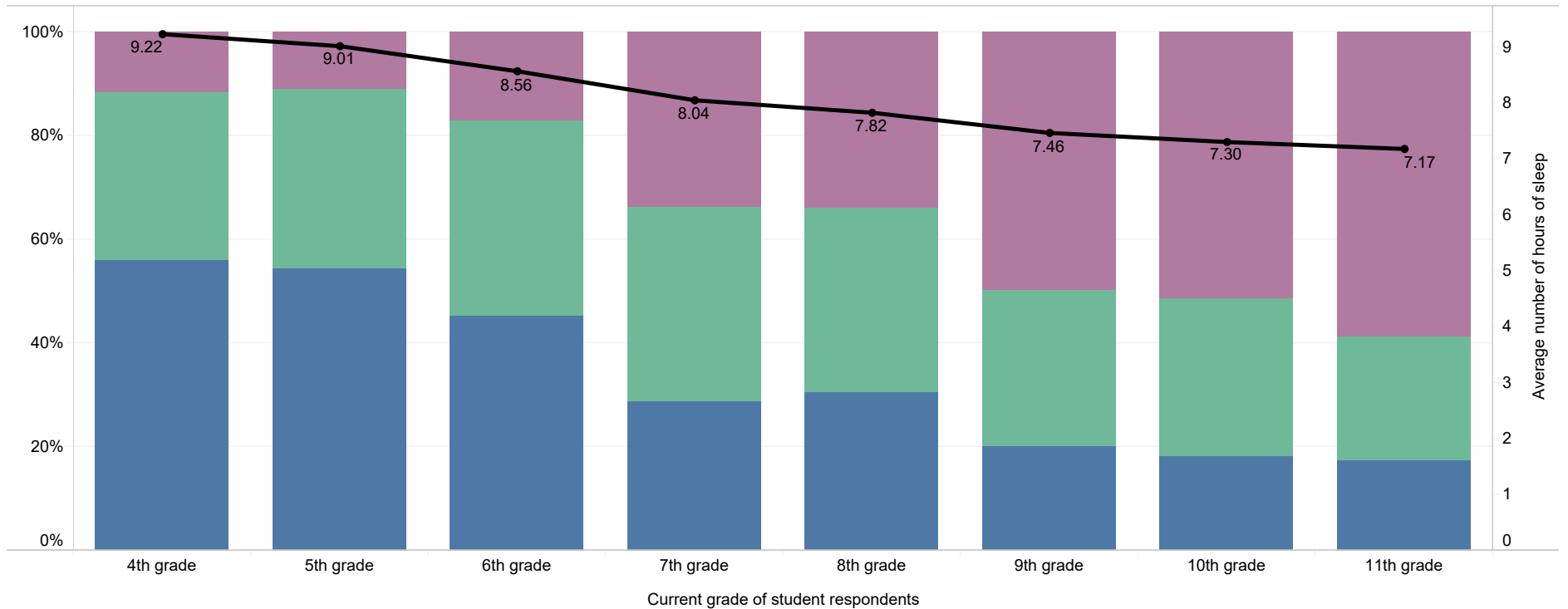
	4th grade	5th grade	6th grade	7th grade	8th grade	9th grade	10th grade	11th grade
Less than 1 hour of HW	79.6%	72.9%	64.2%	21.3%	15.7%	5.6%	2.8%	3.6%
1-2 hours of HW	13.9%	24.4%	31.1%	50.8%	48.8%	28.6%	28.0%	23.2%
2-3 hours of HW	4.2%	1.5%	4.7%	20.5%	20.7%	45.3%	43.5%	36.2%
3-4 hours of HW	1.4%	0.4%	0.4%	4.1%	12.4%	15.5%	20.1%	23.9%
4+ hours of HW	0.9%	0.8%	0.8%	3.3%	2.5%	5.0%	5.6%	13.0%



As students get older, they are less likely to feel they have enough time for homework, activities, and get enough sleep.

Average number of hours of sleep is depicted by the black line and is determined from survey items asking students what time they go to bed and what time they wake up.

**Do you feel you have enough time to do your homework, after school activities, and get enough sleep?**  
 No Sometimes Yes



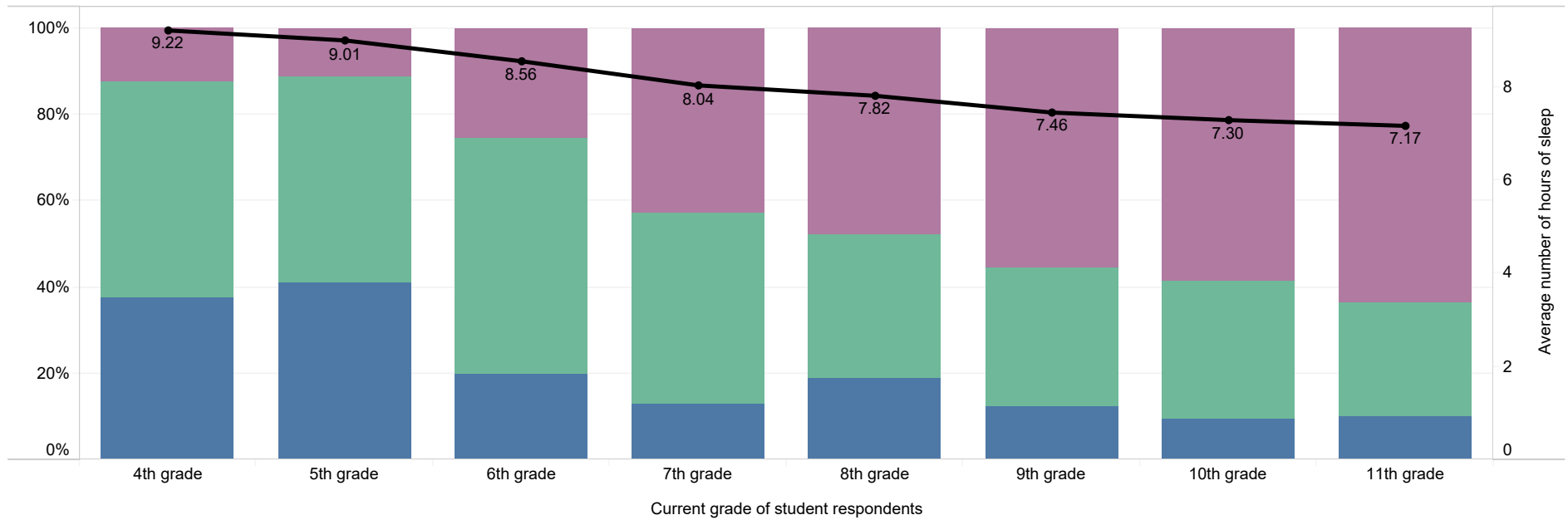
	4th grade	5th grade	6th grade	7th grade	8th grade	9th grade	10th grade	11th grade
No	11.6%	11.1%	17.0%	33.6%	33.9%	49.7%	51.4%	58.7%
Sometimes	32.4%	34.4%	37.7%	37.7%	35.5%	30.4%	30.4%	23.9%
Yes	56.0%	54.6%	45.3%	28.7%	30.6%	19.9%	18.2%	17.4%

The percentage of students saying they usually feel alert and awake when they arrive at school decreases dramatically as students get older.

Average number of hours of sleep is depicted by the black line and is determined from survey items asking students what time they go to bed and what time they wake up.

**Do you usually feel alert and awake when you arrive at school?**

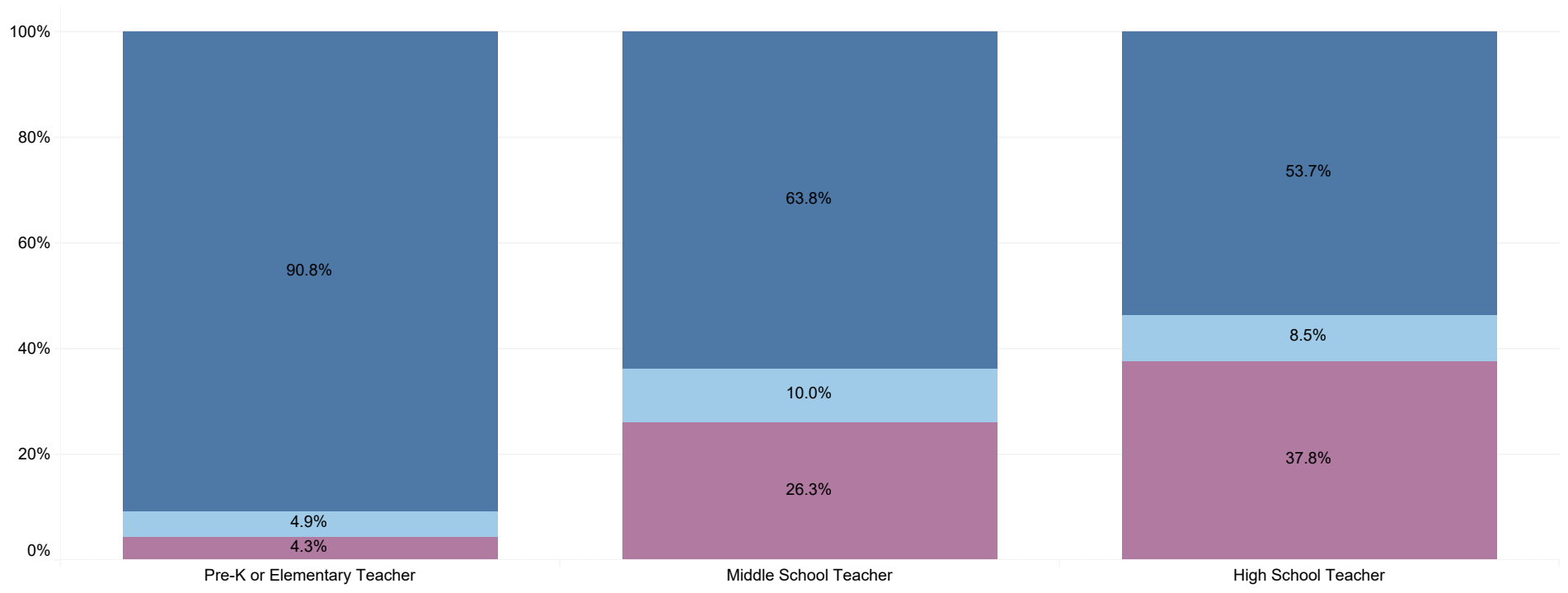
- No, I do not usually feel alert and awake when I arrive at school
- I sometimes feel alert and awake when I arrive at school
- Yes, I usually feel alert and awake when I arrive at school



Do you usually feel alert and awake when you arrive at school?								
	4th grade	5th grade	6th grade	7th grade	8th grade	9th grade	10th grade	11th grade
No, I do not usually feel alert and awake when I arrive at school	12.5%	11.1%	25.5%	42.6%	47.9%	55.3%	58.4%	63.8%
I sometimes feel alert and awake when I arrive at school	50.0%	47.7%	54.7%	44.3%	33.1%	32.3%	32.2%	26.1%
Yes, I usually feel alert and awake when I arrive at school	37.5%	41.2%	19.8%	13.1%	19.0%	12.4%	9.3%	10.1%

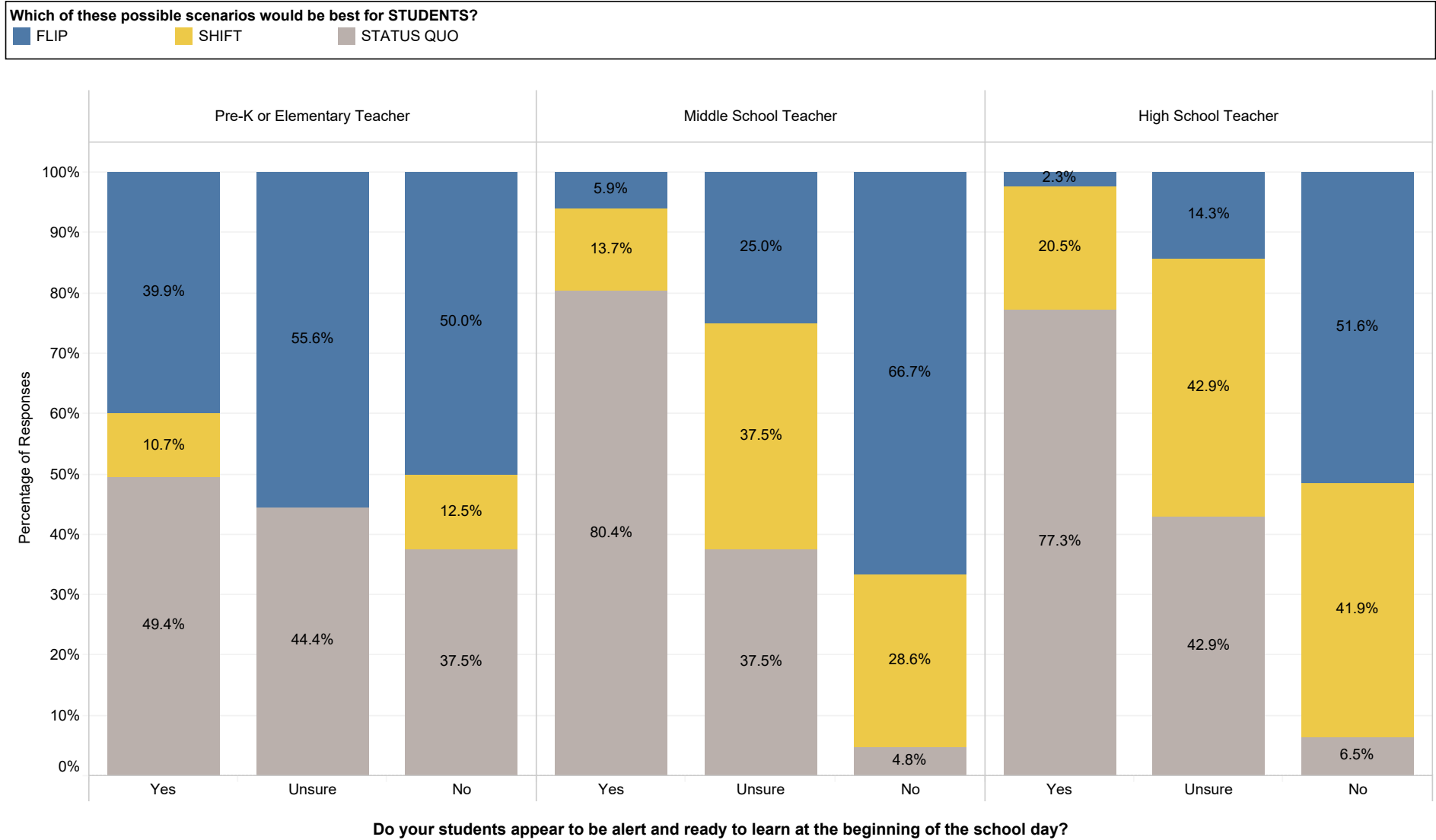
Middle School and High School teachers are less likely than Elementary teachers to identify students who appear alert and ready to learn.

**Do your students appear to be alert and ready to learn at the beginning of the school day?**  
 Yes    Unsure    No



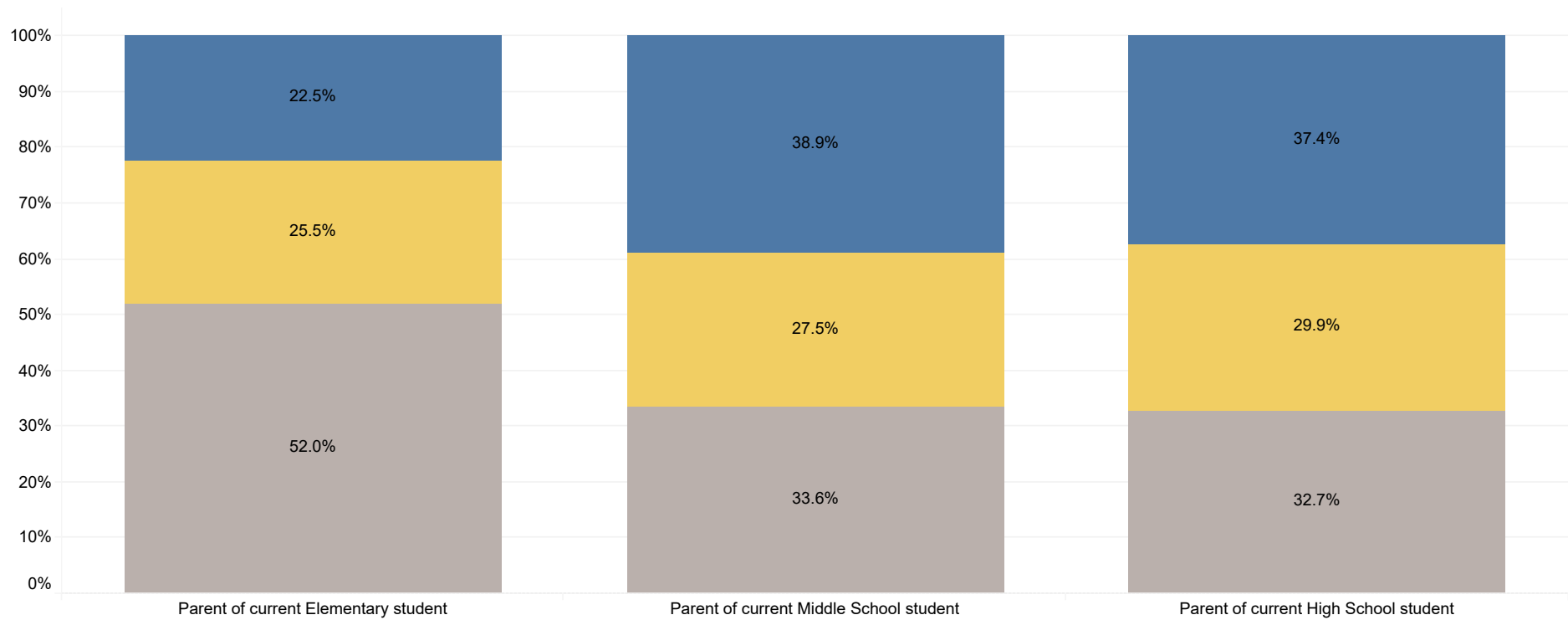
Count of Responses			
Do your students appear to be alert and ready to learn at the beginning of the school day?			
	Pre-K or Elementary Teacher	Middle School Teacher	High School Teacher
Yes	168	51	44
Unsure	9	8	7
No	8	21	31
<b>Grand Total</b>	<b>185</b>	<b>80</b>	<b>82</b>

Teachers -- especially teachers of High School students -- are more likely to favor a change in school start times when their students do not appear to be alert and ready to learn.



Parents are more likely to support a change in school start times if they currently have children in Middle School or High School.

Which of these possible scenarios would be best for YOUR CHILDREN?  
 ■ FLIP ■ SHIFT ■ STATUS QUO



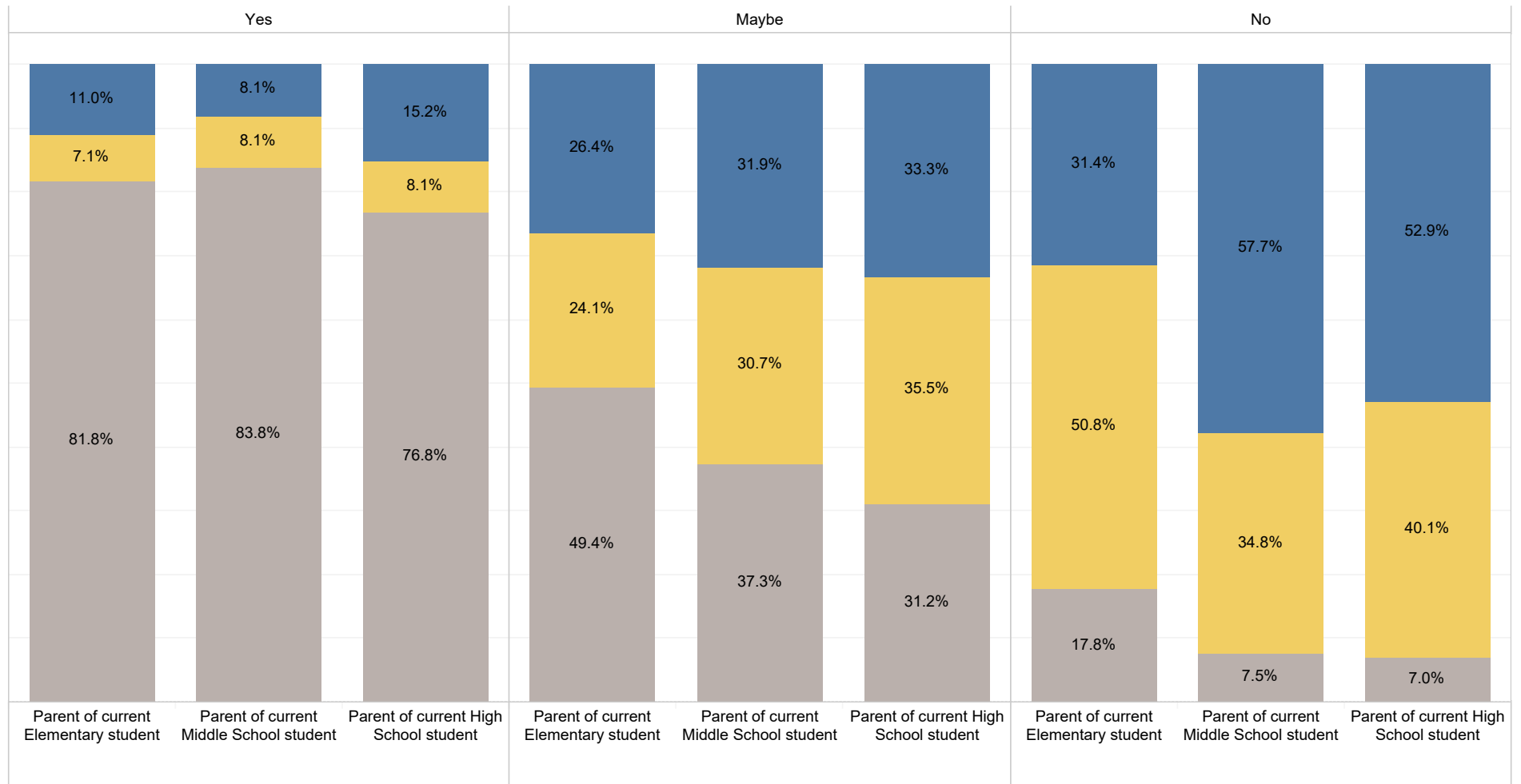
Count of responses			
Which of these possible scenarios would be best for YOUR CHILDREN?			
	Parent of current Elementary student	Parent of current Middle School student	Parent of current High School student
FLIP	95	233	150
SHIFT	108	165	120
STATUS QUO	220	201	131
<b>Grand Total</b>	<b>423</b>	<b>599</b>	<b>401</b>

Parents are less likely to support a change in school start times if they believe doing so will impact their child's ability to participate in after-school activities.

Which of these possible scenarios would be best for YOUR CHILDREN?

FLIP SHIFT STATUS QUO

Would a change in school start times affect your child's ability to participate in after school activities not held by APS?

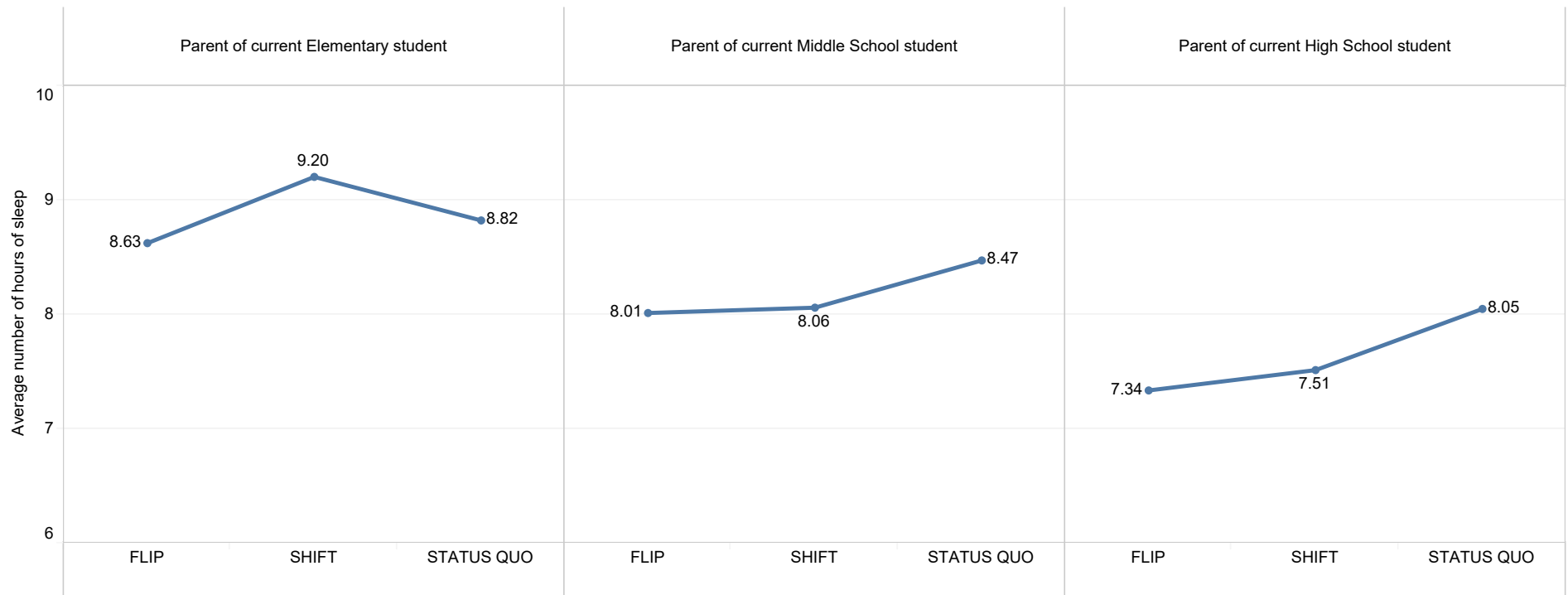


Data Source: 2019 APS School Start Time Survey - Parent Version

Prepared by: Lauren M. Conoscenti  
September 1, 2019

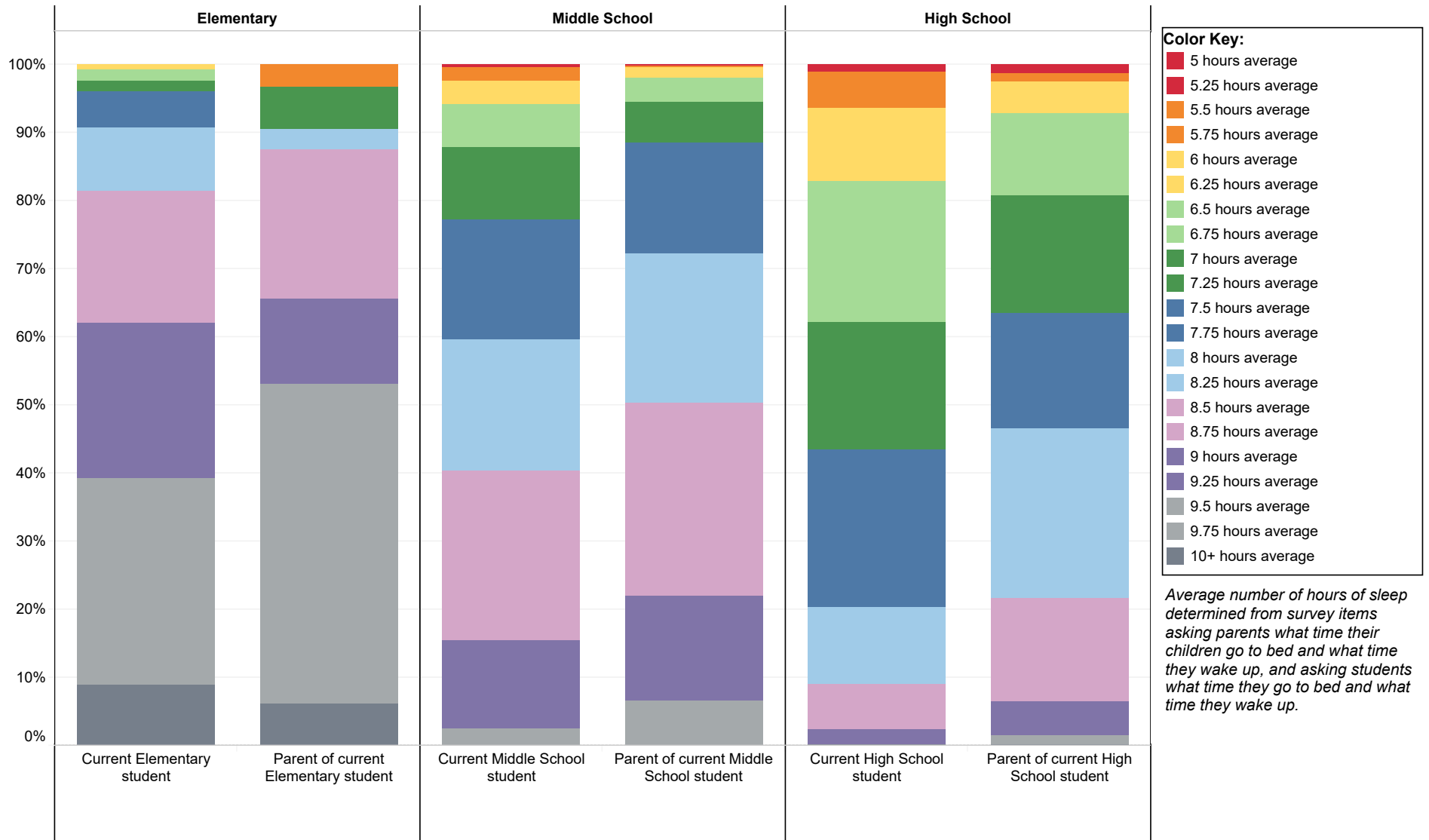
Parents of Middle and High Schoolers who favor the status quo believe their children get more sleep than do parents who favor a change.

Points below represent parent perception of their children's weeknight sleep and is determined from survey items asking parents what time their children go to bed and what time they wake up.



Count of responses			
Which of these possible scenarios would be best for YOUR CHILDREN?			
	Parent of current Elementary student	Parent of current Middle School student	Parent of current High School student
FLIP	95	233	150
SHIFT	108	165	120
STATUS QUO	220	201	131
<b>Grand Total</b>	<b>423</b>	<b>599</b>	<b>401</b>

# Middle and High School students get less sleep than their parents think they do.

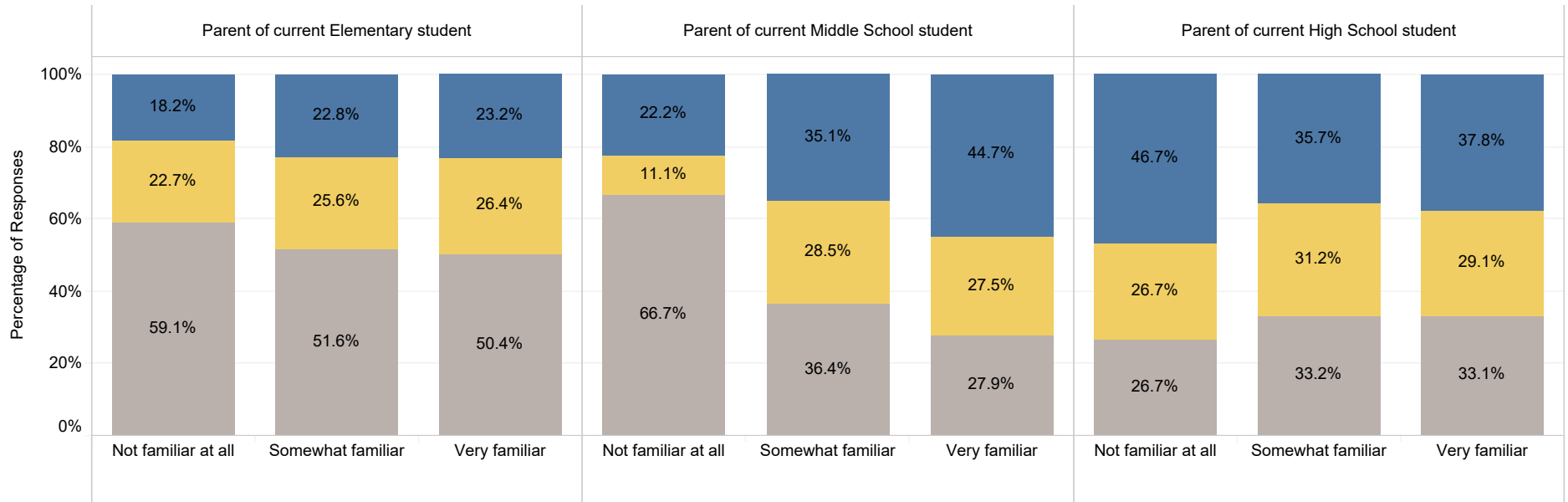




Most parents who responded to the survey are familiar with the current research and discussion about changing school start times.

However, Elementary and Middle School parent respondents who are unfamiliar with this topic are less likely to support a change at APS.

**Which of these possible scenarios would be best for YOUR CHILDREN?**  
 ■ FLIP ■ SHIFT ■ STATUS QUO



**Count of Responses**  
**How familiar are you with the current research and discussion about changing school start times?**

	Parent of current Elementary student			Parent of current Middle School student			Parent of current High School student		
	Not familiar at all	Somewhat familiar	Very familiar	Not familiar at all	Somewhat familiar	Very familiar	Not familiar at all	Somewhat familiar	Very familiar
FLIP	8	58	29	4	112	117	14	71	65
SHIFT	10	65	33	2	91	72	8	62	50
STATUS QUO	26	131	63	12	116	73	8	66	57