

# BRRSD Sleep and School Start Times Survey Responses

## Introduction:

Separate surveys sent out for parents, students, and staff

### **Responses indicate:**

- Current state of student sleep health
- How important start times are to respondents
- If respondents believe later start time will benefit students
- Impact of potential obstacles to changing start times

### **In the charts:**

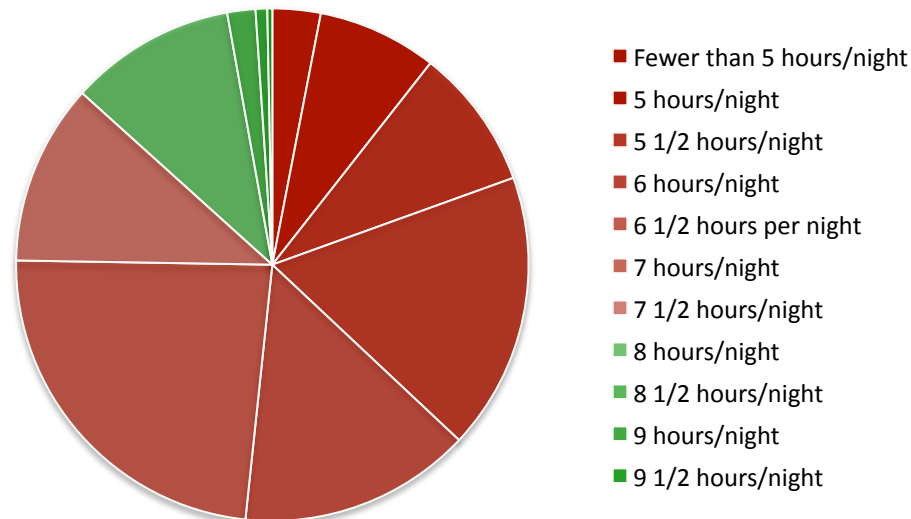
- Red indicates insufficient sleep or problem/concern with the current schedule
- Yellow is neutral
- Green indicates the current schedule may be working for some

## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – High School Students

On average, how many hours of sleep does this child get on SCHOOL nights?

Hours of Sleep	Count	Percentage
Fewer than 5 hours/night	29	3%
5 hours/night	72	8%
5 1/2 hours/night	85	9%
6 hours/night	167	18%
6 1/2 hours per night	140	15%
7 hours/night	225	24%
7 1/2 hours/night	109	11%
8 hours/night	100	10%
8 1/2 hours/night	17	2%
9 hours/night	7	1%
9 1/2 hours/night	3	0%
<b>Grand Total</b>	<b>954</b>	<b>100%</b>



Average amount of sleep per night is 6.6 hours

8-10 hours per night is the recommended sleep needed

So 8 hours is **MINIMUM** to meet their needs :

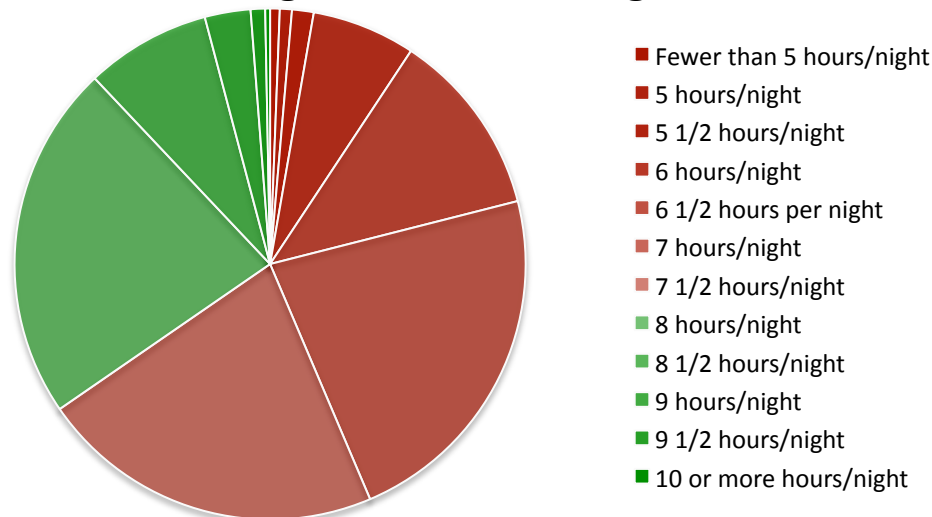
- Fewer than 8 hours of sleep per night on SCHOOL nights = **87%**
- 8 or more hours of sleep per night on SCHOOL nights = **13%**
- 9 or more hours of sleep per night on SCHOOL nights = **1%**

## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – Middle School Students

On average, how many hours of sleep does this child get on SCHOOL nights?

Hours of Sleep	Count	Percentage
Fewer than 5 hours/night	4	1%
5 hours/night	5	1%
5 1/2 hours/night	9	1%
6 hours/night	43	7%
6 1/2 hours per night	77	12%
7 hours/night	148	23%
7 1/2 hours/night	143	22%
8 hours/night	148	23%
8 1/2 hours/night	52	8%
9 hours/night	19	3%
9 1/2 hours/night	6	1%
10 or more hours/night	2	0%
<b>Grand Total</b>	<b>656</b>	<b>100%</b>



Average amount of sleep per night is 7.37 hours

8-10 hours per night is the recommended sleep needed

So 8 hours is **MINIMUM** to meet their needs:

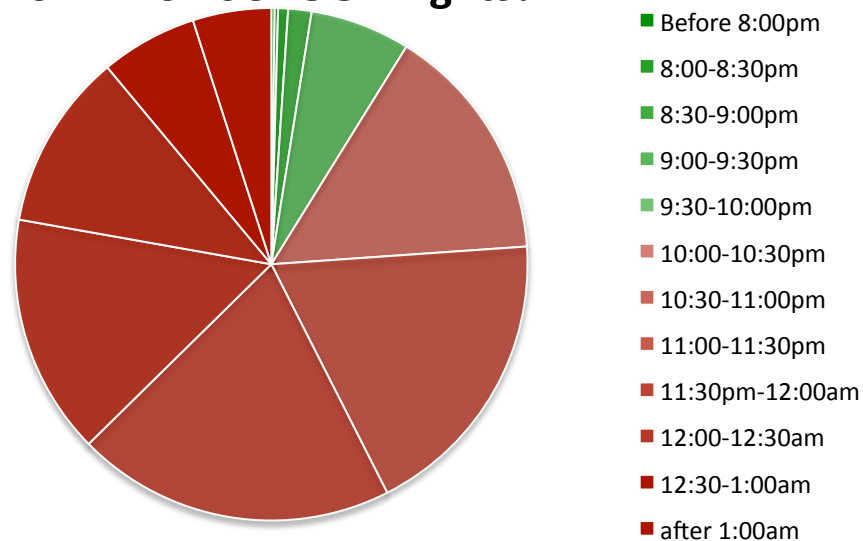
- Fewer than 8 hours of sleep per night on SCHOOL nights = 65%
- 8 or more hours of sleep per night on SCHOOL nights = 35%
- 9 or more hours of sleep per night on SCHOOL nights = 4%

## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – High School Students

**What time does this child usually FALL ASLEEP on SCHOOL nights?**

Time Range	Count	Percentage
Before 8:00pm	2	0%
8:00-8:30pm	2	0%
8:30-9:00pm	6	1%
9:00-9:30pm	14	1%
9:30-10:00pm	60	6%
10:00-10:30pm	143	15%
10:30-11:00pm	177	19%
11:00-11:30pm	191	20%
11:30pm-12:00am	144	15%
12:00-12:30am	106	11%
12:30-1:00am	58	6%
after 1:00am	47	5%
<b>Grand Total</b>	<b>950</b>	<b>100%</b>



Assuming a latest wake up time of 6am

Students must go to bed by 10pm to get 8 hours of sleep :

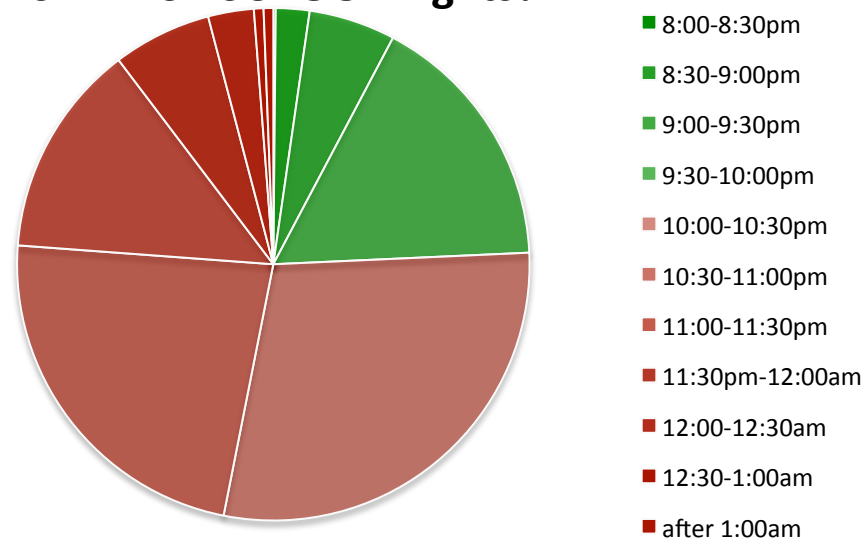
- Students who fall asleep AFTER 10pm on SCHOOL nights = 91%
- Student who fall asleep BEFORE 10pm on SCHOOL nights = 9%

## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – Middle School Students

**What time does this child usually FALL ASLEEP on SCHOOL nights?**

8:00-8:30pm	1	0%
8:30-9:00pm	14	2%
9:00-9:30pm	36	5%
9:30-10:00pm	109	17%
10:00-10:30pm	190	29%
10:30-11:00pm	152	23%
11:00-11:30pm	89	14%
11:30pm-12:00am	41	6%
12:00-12:30am	19	3%
12:30-1:00am	4	1%
after 1:00am	4	1%
<b>Grand Total</b>	<b>659</b>	<b>100%</b>



Assuming a latest wake up time of 6am

Students must go to bed by 10pm to get 8 hours of sleep :

- Students who fall asleep AFTER 10pm on SCHOOL nights = 76%
- Student who fall asleep BEFORE 10pm on SCHOOL nights = 24%

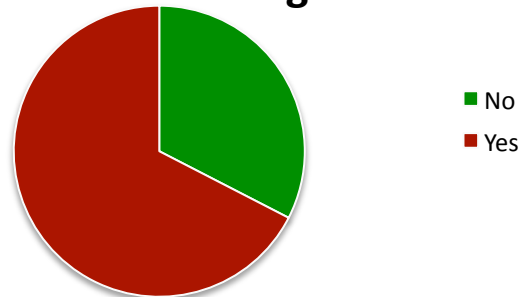
# BRRSD Sleep and School Start Times Survey Responses

## Parent Responses

### High School Students

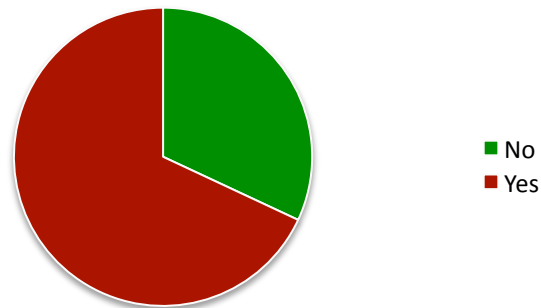
No	311	33%
Yes	644	67%
<b>Grand Total</b>	<b>955</b>	<b>100%</b>

Is it difficult for this child to get up on  
**SCHOOL** mornings?



### Middle School Students

No	209	32%
Yes	445	68%
<b>Grand Total</b>	<b>654</b>	<b>100%</b>

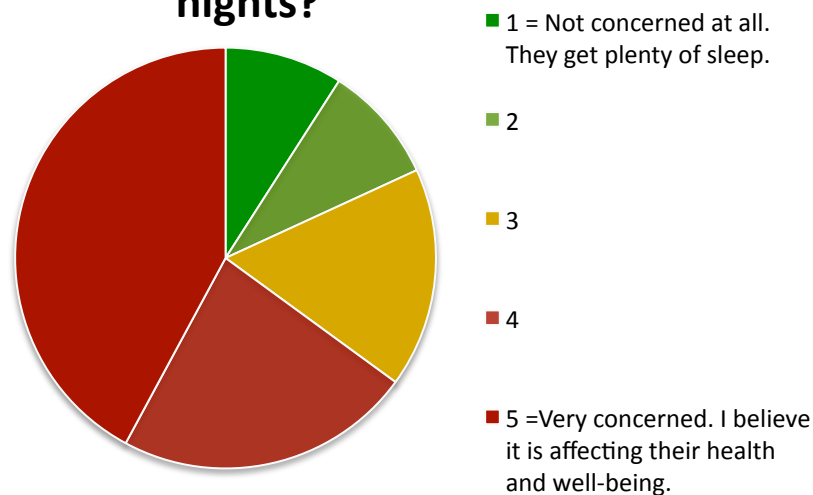


# BRRSD Sleep and School Start Times Survey Responses

## Parent Responses – High School Students

1 = Not concerned at all. They get plenty of sleep.	87	9%
2	87	9%
3	162	17%
4	219	23%
5 =Very concerned. I believe it is affecting their health and well-being.	404	42%
<b>Grand Total</b>	<b>959</b>	<b>100%</b>

**How concerned are you about how little sleep this child gets on SCHOOL nights?**

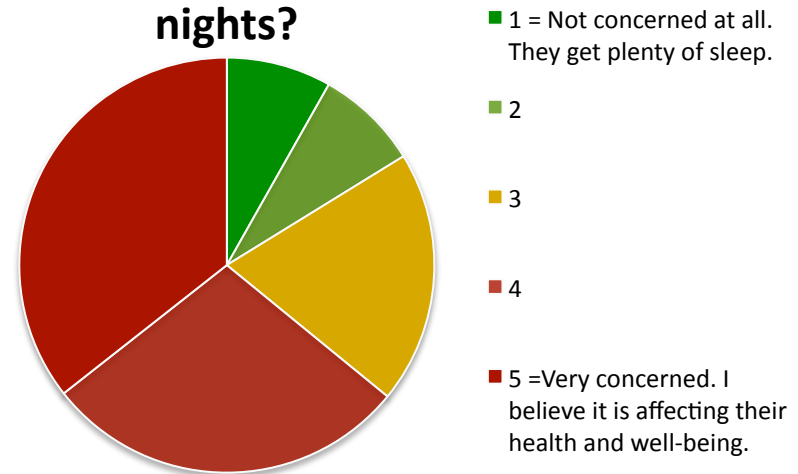


# BRRSD Sleep and School Start Times Survey Responses

## Parent Responses – Middle School Students

1 = Not concerned at all. They get plenty of sleep.	54	8%
2	53	8%
3	130	20%
4	188	28%
5 =Very concerned. I believe it is affecting their health and well-being.	235	36%
<b>Grand Total</b>	<b>660</b>	<b>100%</b>

**How concerned are you about how little sleep this child gets on SCHOOL nights?**



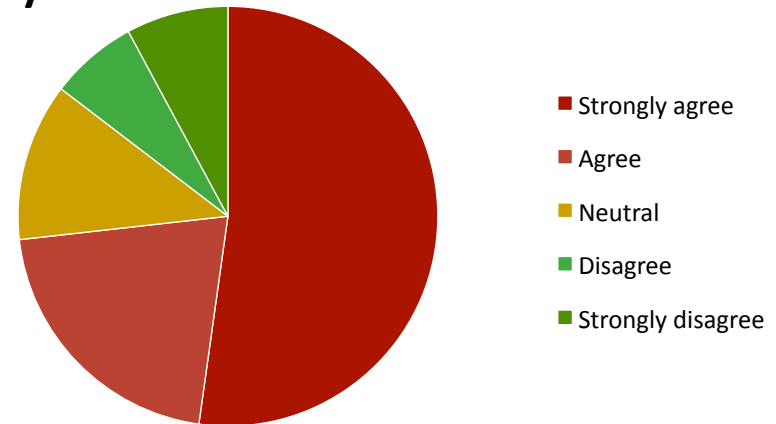


## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – High School Students

Strongly agree	425	52%
Agree	171	21%
Neutral	99	12%
Disagree	55	7%
Strongly disagree	64	8%
<b>Grand Total</b>	<b>814</b>	<b>100%</b>

**Moving middle and high school start times later would improve students' physical and mental health.**

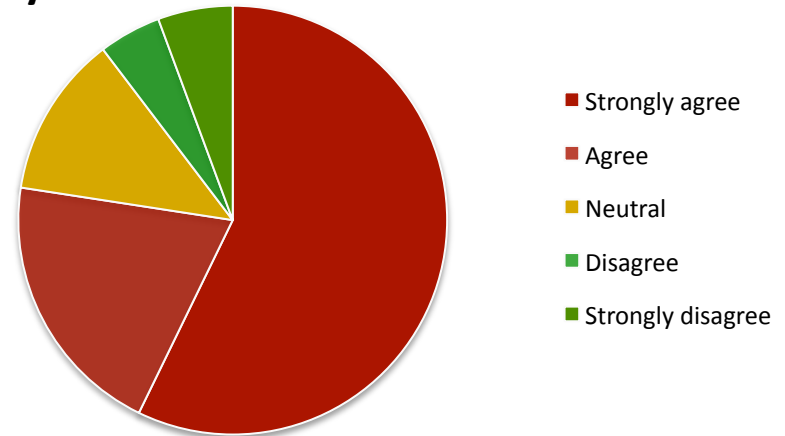


## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – Middle School Students

Strongly agree	365	57%
Agree	129	20%
Neutral	78	12%
Disagree	30	5%
Strongly disagree	36	6%
<b>Grand Total</b>	<b>638</b>	<b>100%</b>

**Moving middle and high school start times later would improve students' physical and mental health**

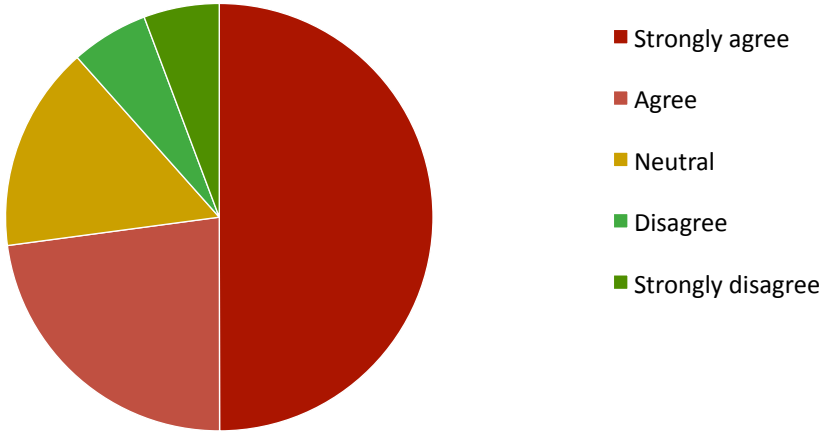


# BRRSD Sleep and School Start Times Survey Responses

## Parent Responses – ALL Students

Strongly agree	1067	50%
Agree	489	23%
Neutral	332	16%
Disagree	125	6%
Strongly disagree	122	6%
<b>Grand Total</b>	<b>2135</b>	<b>100%</b>

**Moving middle and high school start times later would improve students' physical and mental health.**

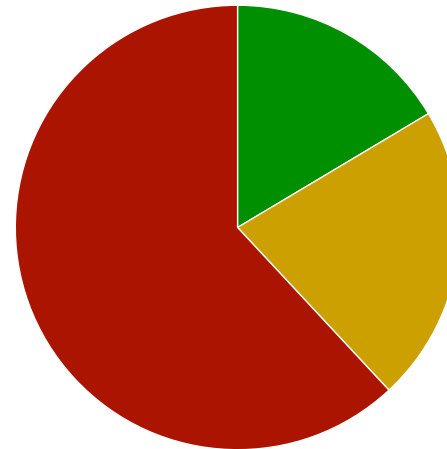


## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – High School Students

I don't think this is a big factor in the learning and health of BRRSD students	133	16%
I am neutral and will support whatever the school district decides	175	22%
I think this is a big factor in the learning and health of BRRSD students	501	62%
<b>Grand Total</b>	<b>809</b>	<b>100%</b>

**My overall opinion about school start times and scheduling and their alignment with the biological clocks of students is:**



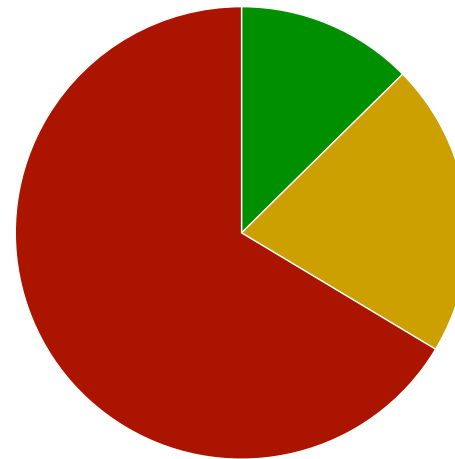
- I don't think this is a big factor in the learning and health of BRRSD students
- I am neutral and will support whatever the school district decides
- I think this is a big factor in the learning and health of BRRSD students

## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – Middle School Students

I don't think this is a big factor in the learning and health of BRRSD students	80	13%
I am neutral and will support whatever the school district decides	133	21%
I think this is a big factor in the learning and health of BRRSD students	421	66%
<b>Grand Total</b>	<b>634</b>	<b>100%</b>

**My overall opinion about school start times and scheduling and their alignment with the biological clocks of students is:**



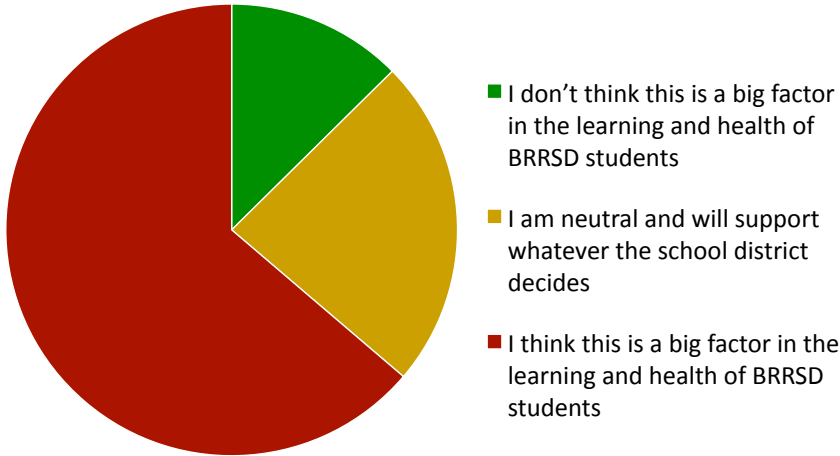
- I don't think this is a big factor in the learning and health of BRRSD students
- I am neutral and will support whatever the school district decides
- I think this is a big factor in the learning and health of BRRSD students

# BRRSD Sleep and School Start Times Survey Responses

## Parent Responses – ALL Students

I don't think this is a big factor in the learning and health of BRRSD students	268	13%
I am neutral and will support whatever the school district decides	503	24%
I think this is a big factor in the learning and health of BRRSD students	1356	64%
<b>Grand Total</b>	<b>2127</b>	<b>100%</b>

**My overall opinion about school start times and scheduling and their alignment with the biological clocks of students is:**



## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – High School Students

#### Does your high school student work a paying job?

No	555	71%
Yes	225	29%
less than 5 hours/week	46	6%
No	42	5%
Yes, but they can schedule work at other times	2	0%
Yes, and they can only schedule work at those hours	1	0%
(blank)	1	0%
5-10 hours/week	76	10%
No	56	7%
Yes, but they can schedule work at other times	6	1%
Yes, and they can only schedule work at those hours	12	2%
(blank)	2	0%
10-15 hours/week	38	5%
No	28	4%
Yes, but they can schedule work at other times	5	1%
Yes, and they can only schedule work at those hours	4	1%
(blank)	1	0%
15-20 hours/week	15	2%
No	9	1%
Yes, but they can schedule work at other times	1	0%
Yes, and they can only schedule work at those hours	4	1%
(blank)	1	0%
more than 20 hours/week	7	1%
No	3	0%
Yes, but they can schedule work at other times	3	0%
Yes, and they can only schedule work at those hours		0%
(blank)	1	0%
none	43	6%
<b>Grand Total</b>	<b>780</b>	<b>100%</b>

If yes, how many hours per week do they work on WEEKDAYS (M-F)?

If they work on SCHOOL DAYS, do they currently work between the hours of 2:30 and 3:30?

**HS students who work a paying job during the school week = 23%**

**HS students who work between the hours of 2:30-3:30pm = 5%**

**HS students who can only schedule work between 2:30-3:30pm = 3%**

**HS students who work between 2:30-3:30 AND their family relies on income = 0%**

## BRRSD Sleep and School Start Times Survey Responses

### Parent Responses – K-6 Students

**Does your work or family situation REQUIRE that you arrange childcare BEFORE school for your children in grades Pre-K-6?**

No	937	75%
Yes	308	25%
<b>Grand Total</b>	<b>1245</b>	<b>100%</b>

**Does your work or family situation REQUIRE that you arrange childcare AFTER school for your children in grades Pre-K-6**

No	648	53%
Yes	586	47%
A paid, in-home caregiver	79	6%
An older sibling who is a high school	16	1%
An unpaid friend or family member	89	7%
the after-care program at their elementary or intermediate school	340	28%
Other	62	5%
<b>Grand Total</b>	<b>1234</b>	<b>100%</b>

If yes, who provides that afternoon childcare?

**1%** of families have a high school student who provides after-school childcare for their younger sibling(s).

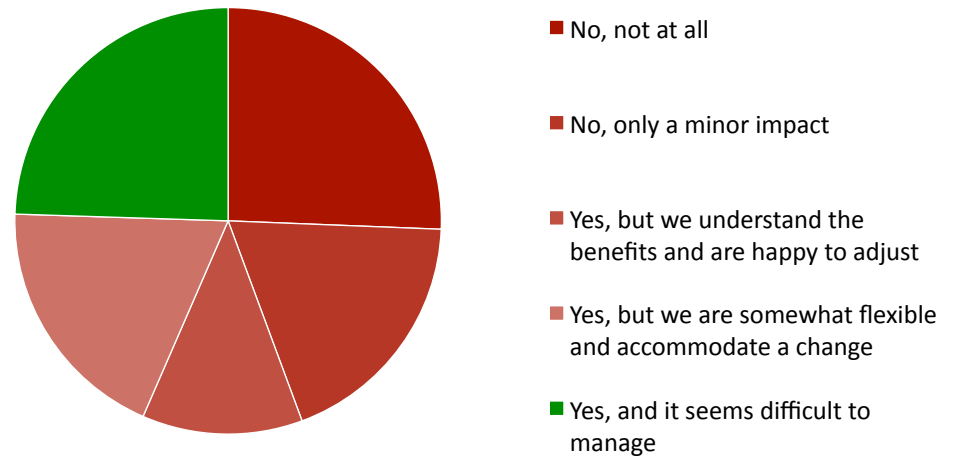


# BRRSD Sleep and School Start Times Survey Responses

## Parent Responses – K-6 Students

No, not at all	316	26%
No, only a minor impact	231	19%
Yes, but we understand the benefits and are happy to adjust	150	12%
Yes, but we are somewhat flexible and accommodate a change	234	19%
Yes, and it seems difficult to manage	302	24%
<b>Grand Total</b>	<b>1233</b>	<b>100%</b>

**Do you believe an earlier start time for elementary schools would HAVE a significant impact on your family's schedule?**



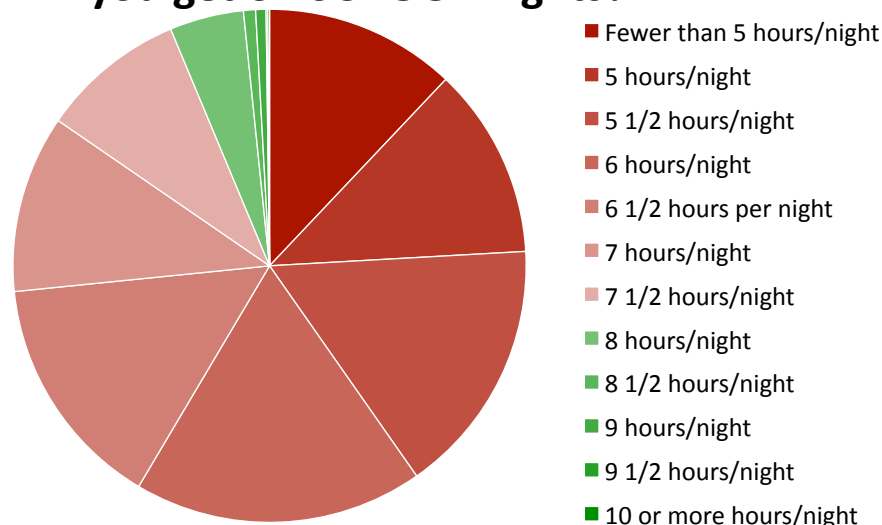
Applies to 57% of respondents who have a student in grades K-6

## BRRSD Sleep and School Start Times Survey Responses

### Student Responses – High School Students

On average, how many hours of sleep do you get on SCHOOL nights?

Fewer than 5 hours/night	111	12%
5 hours/night	111	12%
5 1/2 hours/night	149	16%
6 hours/night	168	18%
6 1/2 hours per night	137	15%
7 hours/night	103	11%
7 1/2 hours/night	84	9%
8 hours/night	43	5%
8 1/2 hours/night	7	1%
9 hours/night	6	1%
9 1/2 hours/night	1	0%
10 or more hours/night	1	0%
<b>Grand Total</b>	<b>921</b>	<b>100%</b>



Average amount of sleep per night is 6.08 hours

8-10 hours per night is the recommended sleep needed

So 8 hours is **MINIMUM** to meet their needs:

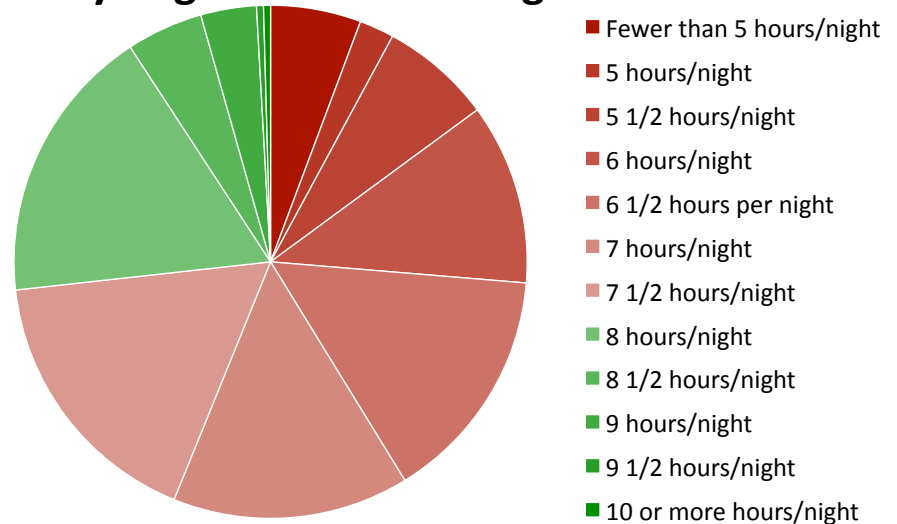
- Fewer than 8 hours of sleep per night on SCHOOL nights = 94%
- 8 or more hours of sleep per night on SCHOOL nights = 6%
- 9 or more hours of sleep per night on SCHOOL nights = 1%

## BRRSD Sleep and School Start Times Survey Responses

### Student Responses – Middle School Students

On average, how many hours of sleep do you get on SCHOOL nights?

Hours of Sleep	Count	Percentage
Fewer than 5 hours/night	13	6%
5 hours/night	5	2%
5 1/2 hours/night	16	7%
6 hours/night	26	11%
6 1/2 hours per night	34	15%
7 hours/night	34	15%
7 1/2 hours/night	39	17%
8 hours/night	40	18%
8 1/2 hours/night	11	5%
9 hours/night	8	4%
9 1/2 hours/night	1	0%
10 or more hours/night	1	0%
<b>Grand Total</b>	<b>228</b>	<b>100%</b>



Average amount of sleep per night is 6.95 hours

8-10 hours per night is the recommended sleep needed

So 8 hours is **MINIMUM** to meet their needs:

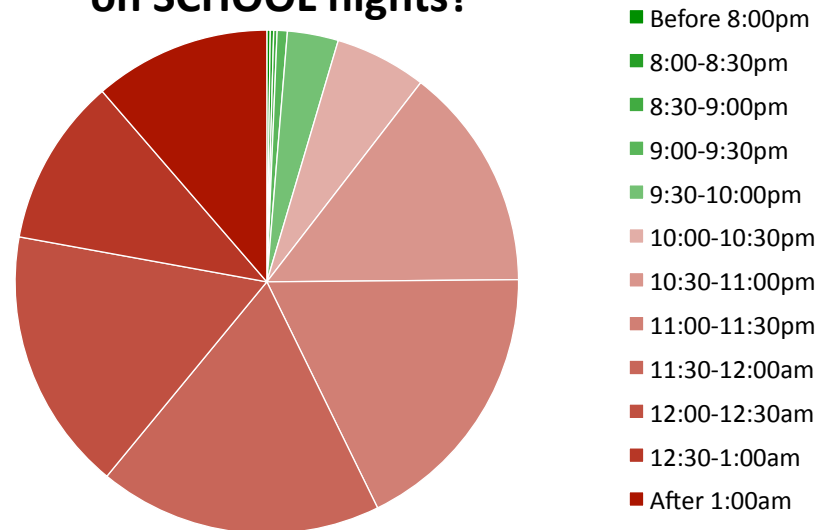
- Fewer than 8 hours of sleep per night on SCHOOL nights = 73%
- 8 or more hours of sleep per night on SCHOOL nights = 27%
- 9 or more hours of sleep per night on SCHOOL nights = 4%

## BRRSD Sleep and School Start Times Survey Responses

### Student Responses – High School Students

#### What time do you usually FALL ASLEEP on SCHOOL nights?

Before 8:00pm	2	0%
8:00-8:30pm	2	0%
8:30-9:00pm	2	0%
9:00-9:30pm	6	1%
9:30-10:00pm	30	3%
10:00-10:30pm	54	6%
10:30-11:00pm	132	14%
11:00-11:30pm	164	18%
11:30-12:00am	167	18%
12:00-12:30am	155	17%
12:30-1:00am	99	11%
After 1:00am	104	11%
<b>Grand Total</b>	<b>917</b>	<b>100%</b>



Assuming a latest wake up time of 6am

Students must go to bed by 10pm to get 8 hours of sleep :

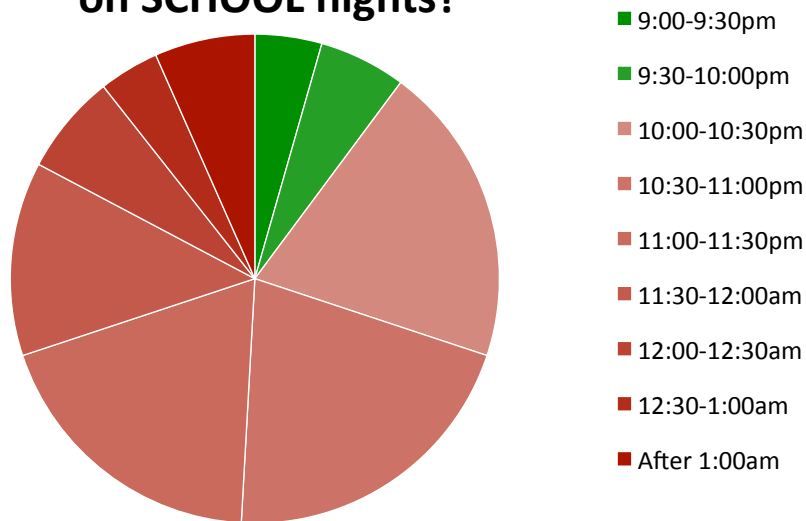
- Students who fall asleep AFTER 10pm on SCHOOL nights = 95%
- Student who fall asleep BEFORE 10pm on SCHOOL nights = 5%

## BRRSD Sleep and School Start Times Survey Responses

### Student Responses – Middle School Students

#### What time do you usually FALL ASLEEP on SCHOOL nights?

9:00-9:30pm	10	4%
9:30-10:00pm	13	6%
10:00-10:30pm	45	20%
10:30-11:00pm	47	21%
11:00-11:30pm	43	19%
11:30-12:00am	29	13%
12:00-12:30am	15	7%
12:30-1:00am	9	4%
After 1:00am	15	7%
<b>Grand Total</b>	<b>226</b>	<b>100%</b>



Assuming a latest wake up time of 6am

Students must go to bed by 10pm to get 8 hours of sleep :

- Students who fall asleep AFTER 10pm on SCHOOL nights = 90%
- Student who fall asleep BEFORE 10pm on SCHOOL nights = 10%

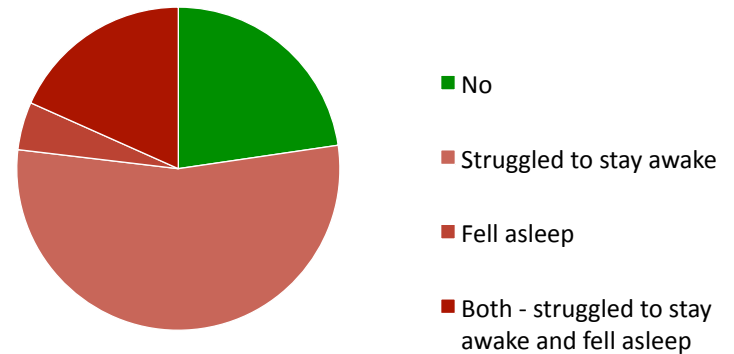
# BRRSD Sleep and School Start Times Survey Responses

## Student Responses

### High School Students

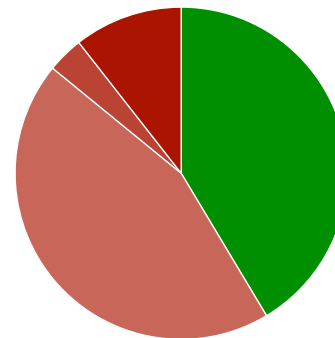
No	208	23%
Struggled to stay awake	497	54%
Fell asleep	44	5%
Both - struggled to stay awake and fell asleep	168	18%
<b>Grand Total</b>	<b>917</b>	<b>100%</b>

During the Last two weeks, have you struggled to stay awake (fought sleep) or fallen asleep in class in school



### Middle School Students

No	94	41%
Struggled to stay awake	101	44%
Fell asleep	8	4%
Both - struggled to stay awake and fell asleep	24	11%
<b>Grand Total</b>	<b>227</b>	<b>100%</b>

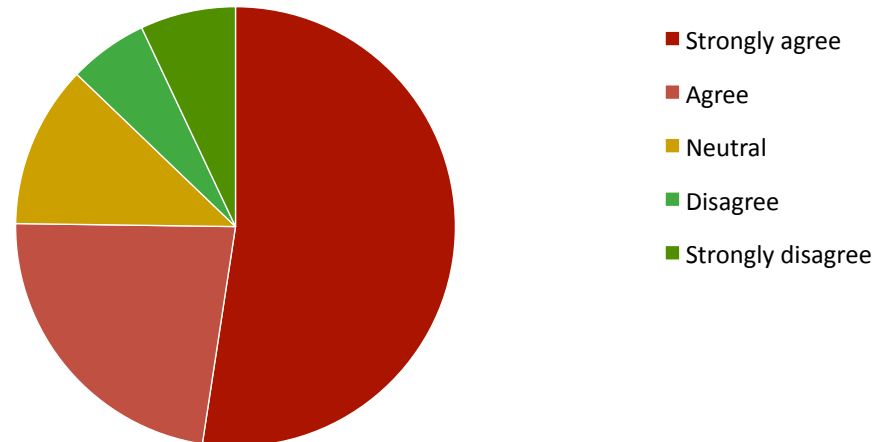


## BRRSD Sleep and School Start Times Survey Responses

### Student Responses – High School Students

Strongly agree	478	52%
Agree	208	23%
Neutral	109	12%
Disagree	53	6%
Strongly disagree	64	7%
<b>Grand Total</b>	<b>912</b>	<b>100%</b>

**Moving middle and high school start times later would improve my physical and mental health.**

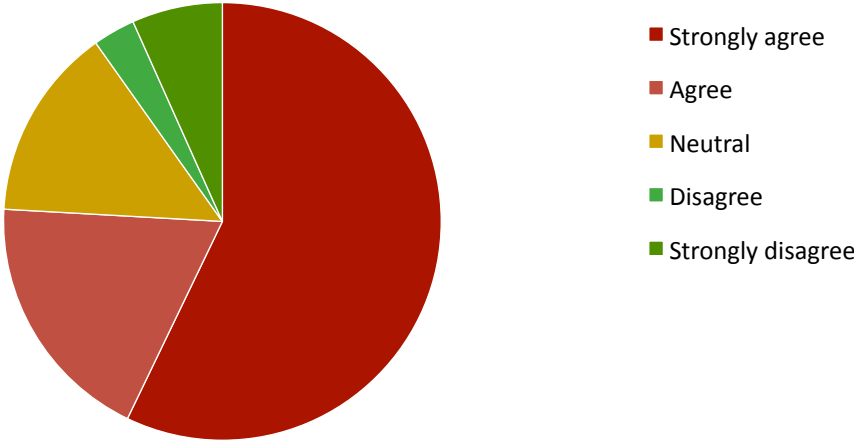


# BRRSD Sleep and School Start Times Survey Responses

## Student Responses – Middle School Students

Strongly agree	128	57%
Agree	42	19%
Neutral	32	14%
Disagree	7	3%
Strongly disagree	15	7%
<b>Grand Total</b>	<b>224</b>	<b>100%</b>

**Moving middle and high school start times later would improve my physical and mental health.**



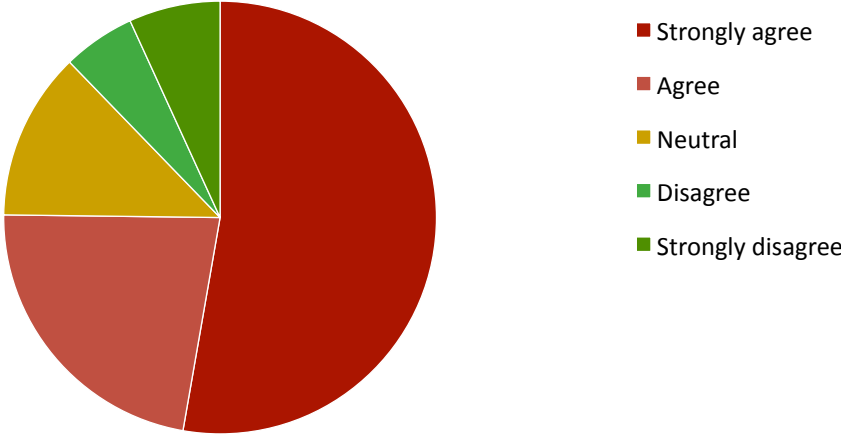


# BRRSD Sleep and School Start Times Survey Responses

## Student Responses – ALL Students

Strongly agree	672	53%
Agree	286	22%
Neutral	160	13%
Disagree	69	5%
Strongly disagree	87	7%
<b>Grand Total</b>	<b>1274</b>	<b>100%</b>

**Moving middle and high school start times later would improve my physical and mental health.**



## BRRSD Sleep and School Start Times Survey Responses

### Student Responses – Middle and High School Students

Most often, how do you get to school in the MORNING?

A parent or caregiver drives me	212	17%
Drive myself or get a ride with a friend	301	23%
On the school bus	754	59%
Walk or rides a bike	4	0%
Other	13	1%
<b>Grand Total</b>	<b>1284</b>	<b>100%</b>

If you are driven to school (at least once a week), what best describes why you don't ride the bus?

Busing isn't provided for me	21	2%
I have safety concerns about riding the bus	10	1%
I prefer not to ride the bus	193	23%
It is more convenient for me to get a ride	169	20%
The bus comes too early and I need more time in the morning	314	37%
Other - Too early/more sleep	12	1%
Other - Never driven/takes bus	52	6%
Other	76	9%
<b>Grand Total</b>	<b>847</b>	<b>100%</b>
<b>*Actual Total</b>	<b>835</b>	

Students who get a ride weekly because the bus is too early and they need more sleep = **39%** of those driven

\* Some students who answered this question, replied that they are not driven to school (52 students)

## BRRSD Sleep and School Start Times Survey Responses

### Student Responses – Middle and High School Students

#### During the last two weeks have you worked a paying job?

No	526	56%
Yes	409	44%
less than 5 hours/week	85	9%
No	64	7%
Yes, but I can schedule work at other times	9	1%
Yes, and I can only schedule work at those hours	10	1%
5-10 hours/week	98	10%
No	50	5%
Yes, but I can schedule work at other times	30	3%
Yes, and I can only schedule work at those hours	15	2%
10-15 hours/week	90	10%
No	48	5%
Yes, but I can schedule work at other times	19	2%
Yes, and I can only schedule work at those hours	20	2%
15-20 hours/week	59	6%
No	26	3%
Yes, but I can schedule work at other times	20	2%
Yes, and I can only schedule work at those hours	11	1%
more than 20 hours/week	29	3%
No	17	2%
Yes, but I can schedule work at other times	8	1%
Yes, and I can only schedule work at those hours	2	0%
none	48	5%
No	22	2%
Yes, and I can only schedule work at those hours	1	0%
(blank)	25	3%
<b>Grand Total</b>	<b>935</b>	<b>100%</b>

If yes, how many hours per week did you work on SCHOOL DAYS?

If you worked on SCHOOL DAYS, was any of that work between the hours of 2:30 and 3:30pm?

**HS students who work a paying job during the school week = 39%**

**HS students who work between the hours of 2:30-3:30pm = 15%**

**HS students who can *only* schedule work between 2:30-3:30pm = 6%**

**HS students who work between 2:30-3:30 AND their family relies on income = 0%**

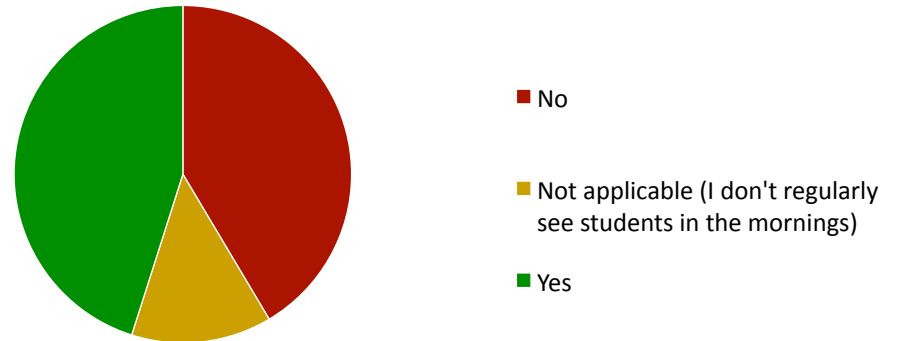
# BRRSD Sleep and School Start Times Survey Responses

## Staff Responses

### High School Staff

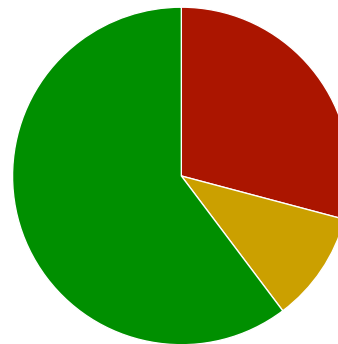
No	114	41%
Not applicable (I don't regularly see students in the mornings)	37	13%
Yes	124	45%
<b>Grand Total</b>	<b>275</b>	<b>100%</b>

**Do your students appear to be awake and alert during first period (or the first hour of school)?**



### Middle School Staff

No	44	29%
Not applicable (I don't regularly see students in the mornings)	16	11%
Yes	91	60%
<b>Grand Total</b>	<b>151</b>	<b>100%</b>



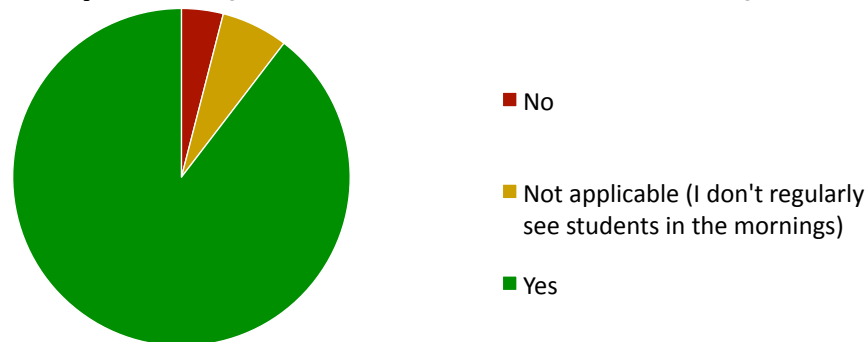
# BRRSD Sleep and School Start Times Survey Responses

## Staff Responses

### Intermediate School Staff

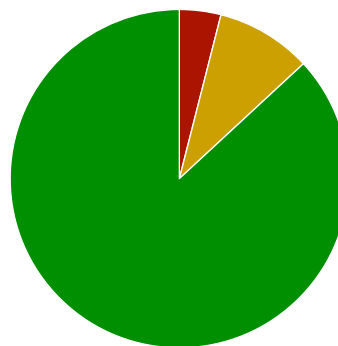
No	5	4%
Not applicable (I don't regularly see students in the mornings)	8	6%
Yes	112	90%
<b>Grand Total</b>	<b>125</b>	<b>100%</b>

**Do your students appear to be awake and alert during first period (or the first hour of school)?**



### Primary School Staff

No	13	4%
Not applicable (I don't regularly see students in the mornings)	30	9%
Yes	285	87%
<b>Grand Total</b>	<b>328</b>	<b>100%</b>



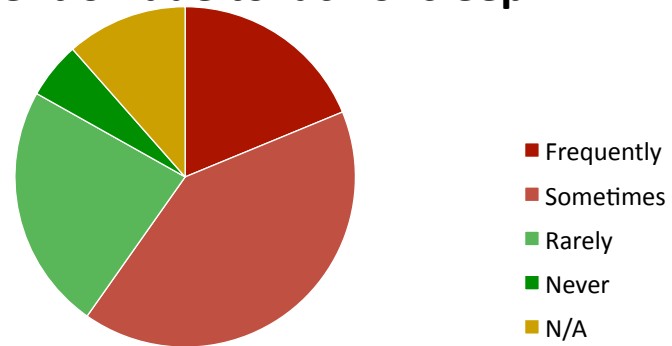
# BRRSD Sleep and School Start Times Survey Responses

## Staff Responses

### High School Staff

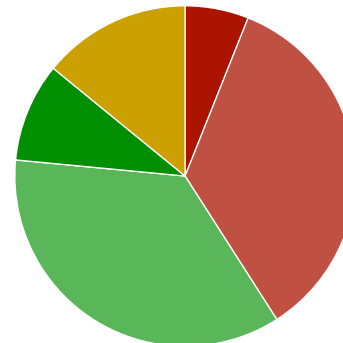
Frequently	49	19%
Sometimes	107	41%
Rarely	61	23%
Never	14	5%
N/A	30	11%
<b>Grand Total</b>	<b>261</b>	<b>100%</b>

### My students struggle with focus and attention due to lack of sleep



### Middle School Staff

Frequently	9	6%
Sometimes	52	35%
Rarely	53	36%
Never	14	9%
N/A	21	14%
<b>Grand Total</b>	<b>149</b>	<b>100%</b>



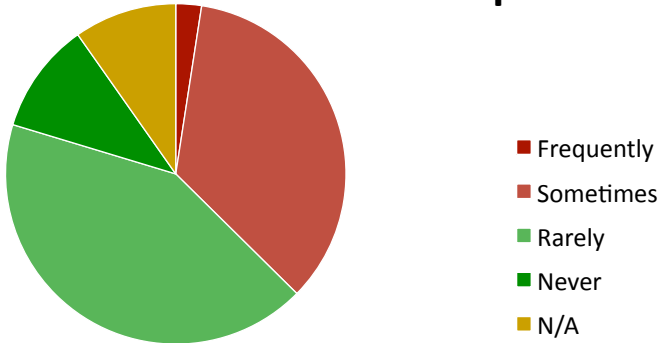
# BRRSD Sleep and School Start Times Survey Responses

## Staff Responses

### Intermediate School Staff

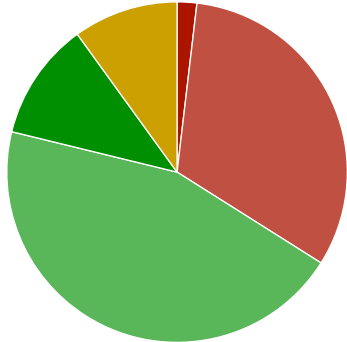
Frequently	3	2%
Sometimes	43	35%
Rarely	52	42%
Never	13	11%
N/A	12	10%
<b>Grand Total</b>	<b>123</b>	<b>100%</b>

### My students struggle with focus and attention due to lack of sleep



### Primary School Staff

Frequently	6	2%
Sometimes	103	32%
Rarely	144	45%
Never	36	11%
N/A	32	10%
<b>Grand Total</b>	<b>321</b>	<b>100%</b>



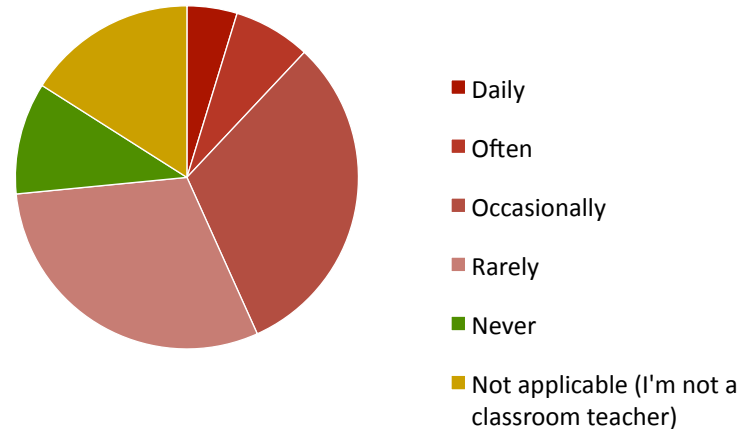
# BRRSD Sleep and School Start Times Survey Responses

## Staff Responses

### High School Staff

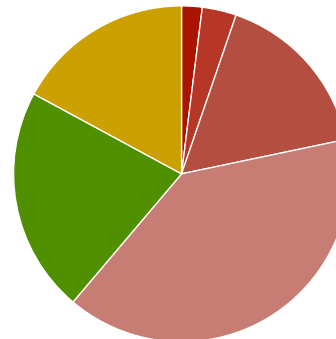
Daily	13	5%
Often	20	7%
Occasionally	86	31%
Rarely	83	30%
Never	29	11%
Not applicable (I'm not a classroom teacher)	44	16%
<b>Grand Total</b>	<b>275</b>	<b>100%</b>

### How often have you seen students fall asleep during class?



### Middle School Staff

Daily	3	2%
Often	5	3%
Occasionally	25	16%
Rarely	60	39%
Never	33	22%
Not applicable (I'm not a classroom teacher)	26	17%
<b>Grand Total</b>	<b>152</b>	<b>100%</b>





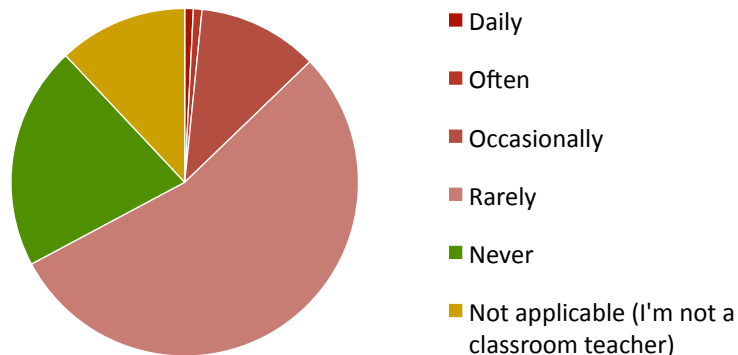
# BRRSD Sleep and School Start Times Survey Responses

## Staff Responses

### Intermediate School Staff

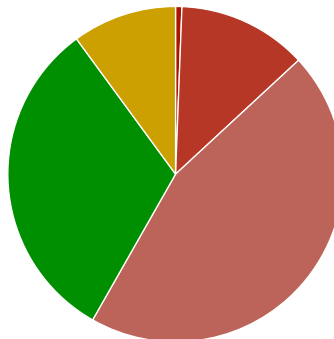
Daily	1	1%
Often	1	1%
Occasionally	14	11%
Rarely	68	54%
Never	26	21%
Not applicable (I'm not a classroom teacher)	15	12%
<b>Grand Total</b>	<b>125</b>	<b>100%</b>

### How often have you seen students fall asleep during class?



### Primary School Staff

Often	2	1%
Occasionally	41	13%
Rarely	148	45%
Never	104	32%
Not applicable (I'm not a classroom teacher)	33	10%
<b>Grand Total</b>	<b>328</b>	<b>100%</b>

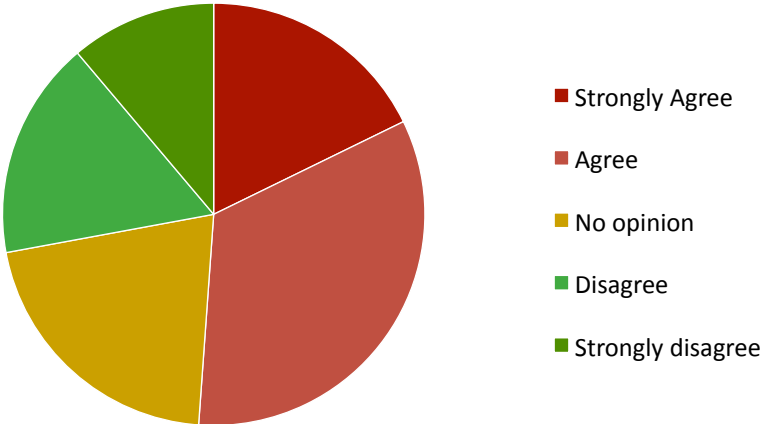


# BRRSD Sleep and School Start Times Survey Responses

## Staff Responses – ALL Schools

Strongly Agree	156	18%
Agree	293	33%
No opinion	184	21%
Disagree	147	17%
Strongly disagree	98	11%
<b>Grand Total</b>	<b>878</b>	<b>100%</b>

**Moving middle and high school start times later would improve students’ physical and mental health.**



# BRRSD Sleep and School Start Times Survey Responses

## Staff Responses – ALL Schools

**Do you use childcare BEFORE school?**

No	674
Yes	198
<b>Grand Total</b>	<b>872</b>

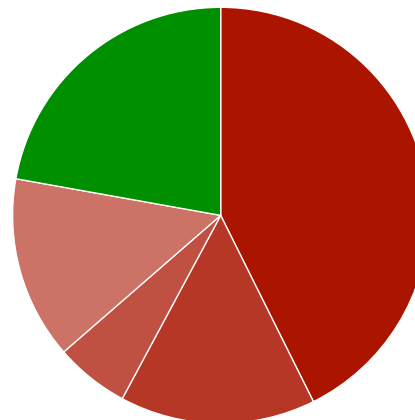
**Do you use childcare AFTER school?**

No	676
Yes	197
<b>Grand Total</b>	<b>873</b>

Number of staff who use childcare BEFORE and AFTER school are practically the same

**Do you believe an EARLIER start time for ELEMENTARY schools would have a SIGNIFICANT impact on your family's schedule?**

No, not at all	348	43%
No, only a minor impact	124	15%
Yes, but we understand the benefits and are happy to adjust	47	6%
Yes, but we are somewhat flexible and can accommodate a change	116	14%
Yes, and it seems difficult to manage	181	22%
<b>Grand Total</b>	<b>875</b>	<b>100%</b>



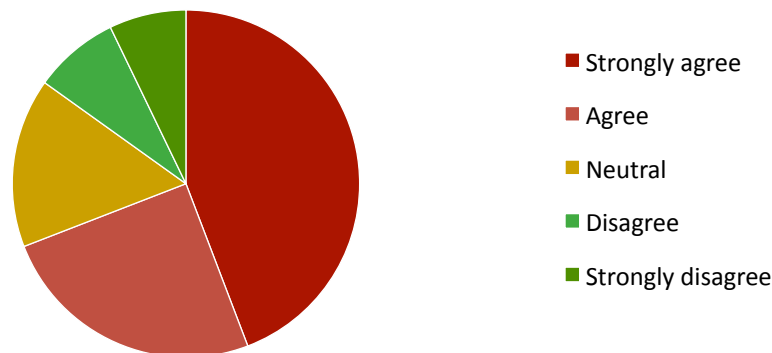
- No, not at all
- No, only a minor impact
- Yes, but we understand the benefits and are happy to adjust
- Yes, but we are somewhat flexible and can accommodate a change
- Yes, and it seems difficult to manage

# BRRSD Sleep and School Start Times Survey Responses

## ALL Responses

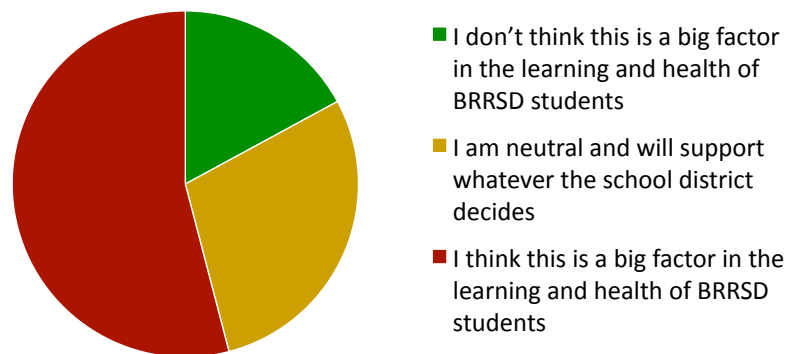
Strongly agree	1895	44%
Agree	1068	25%
Neutral	676	16%
Disagree	341	8%
Strongly disagree	307	7%
<b>Grand Total</b>	<b>4287</b>	<b>100%</b>

**Moving middle and high school start times later would improve students' physical and mental health.**



I don't think this is a big factor in the learning and health of BRRSD students	513	17%
I am neutral and will support whatever the school district decides	866	29%
I think this is a big factor in the learning and health of BRRSD students	1623	54%
<b>Grand Total</b>	<b>3002</b>	<b>100%</b>

**My overall opinion about school start times and scheduling and their alignment with the biological clocks of students is:**



## BRRSD Sleep and School Start Times Survey Responses

### Summary of Responses:

- B-R High School and Middle School Students aren't getting nearly enough sleep
- Vast majority of ALL respondents agree later start time will benefit students health and education (as the research has proven)
- Majority of ALL respondents believe or are neutral about school start times as a big factor in student's health and education
- Most parents and staff believe impact of earlier elementary start time on their family schedules would be minimal and/or worth it
- Families of K-6 students use both before and after care, so needs would change but not necessarily increase overall
- Very few high school students provide aftercare for siblings
- Very few high school students need to work directly after school and have families that depend on income
- Students report that 39% of those driven to school do so because bus is too early (might ride the bus if later)