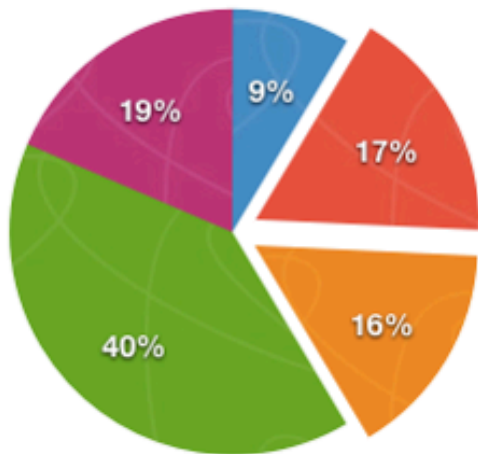


### Hours spent sleeping by students\* at EMS

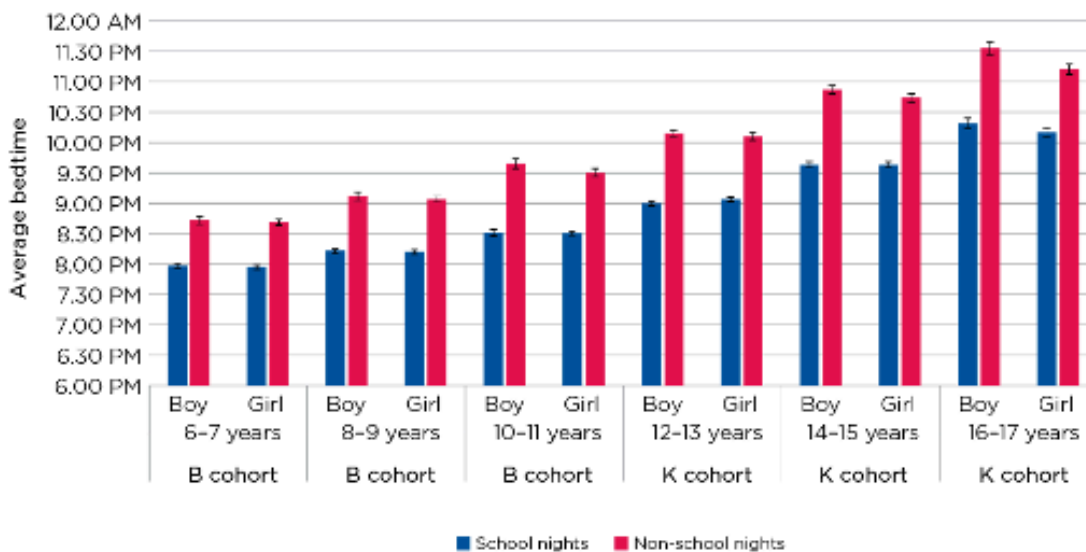
● 3, 4 ● 5, 6 ● 6, 7 ● 7, 8 ● 8, 9



\*Sample set of 70 randomly selected students; age 9-17.

### Amount of hours spent sleeping by students

<https://irtika.wordpress.com/tag/sleep/>



### Average time students at different ages go to sleep on school vs. non-school nights

<https://growingupinaustralia.gov.au/research-findings/annual-statistical-reports-2018/are-children-and-adolescents-getting-enough-sleep>