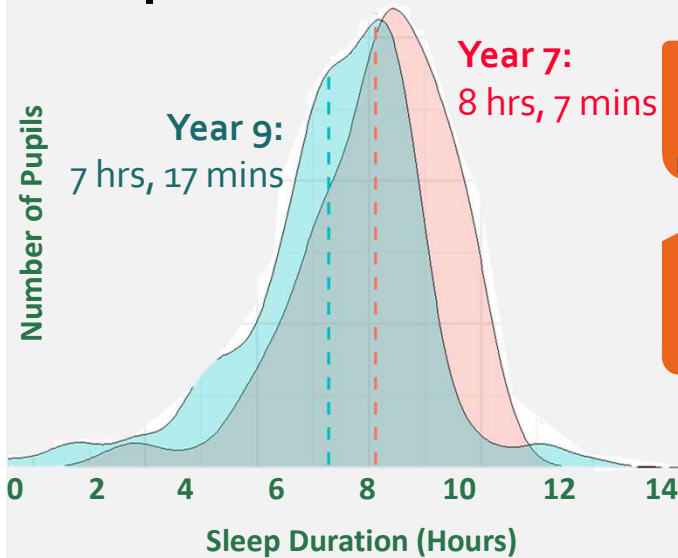


## Year 9s are just 45 mins away from the recommended sleep duration (8 hours)



### Average bedtime



## Sleep Quality

Good sleep quality means sleeping throughout the night and not struggling to fall asleep.

# 83%

## Would fall asleep if they lie down in the afternoon.

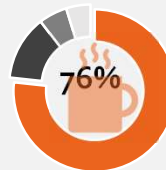
The benefit of napping is it helps you to feel less sleepy, but it can make it harder to get a good quality, long night of sleep in the long run.



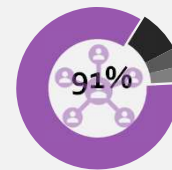
## Sleep Hygiene

Good sleep hygiene means healthy habits that promote sleep such as a relaxing bedtime routine.

There are lots of good habits, but bad habits include...



of Year 9s drink caffeine after 6pm.



of AdSleep pupils use their bed for homework, games and socialising.



of Year 7s exercise just before bed.



## 4 in 5 Year 7s have good sleep quality



## 3 in 4 Year 9s have good sleep quality



## Memory

Our data shows lots of positive sleep habits, but overall Year 9s are sleeping less well than Year 7s. It also seems like this could be making it harder for Year 9s to remember information the day after learning compared to Year 7s.