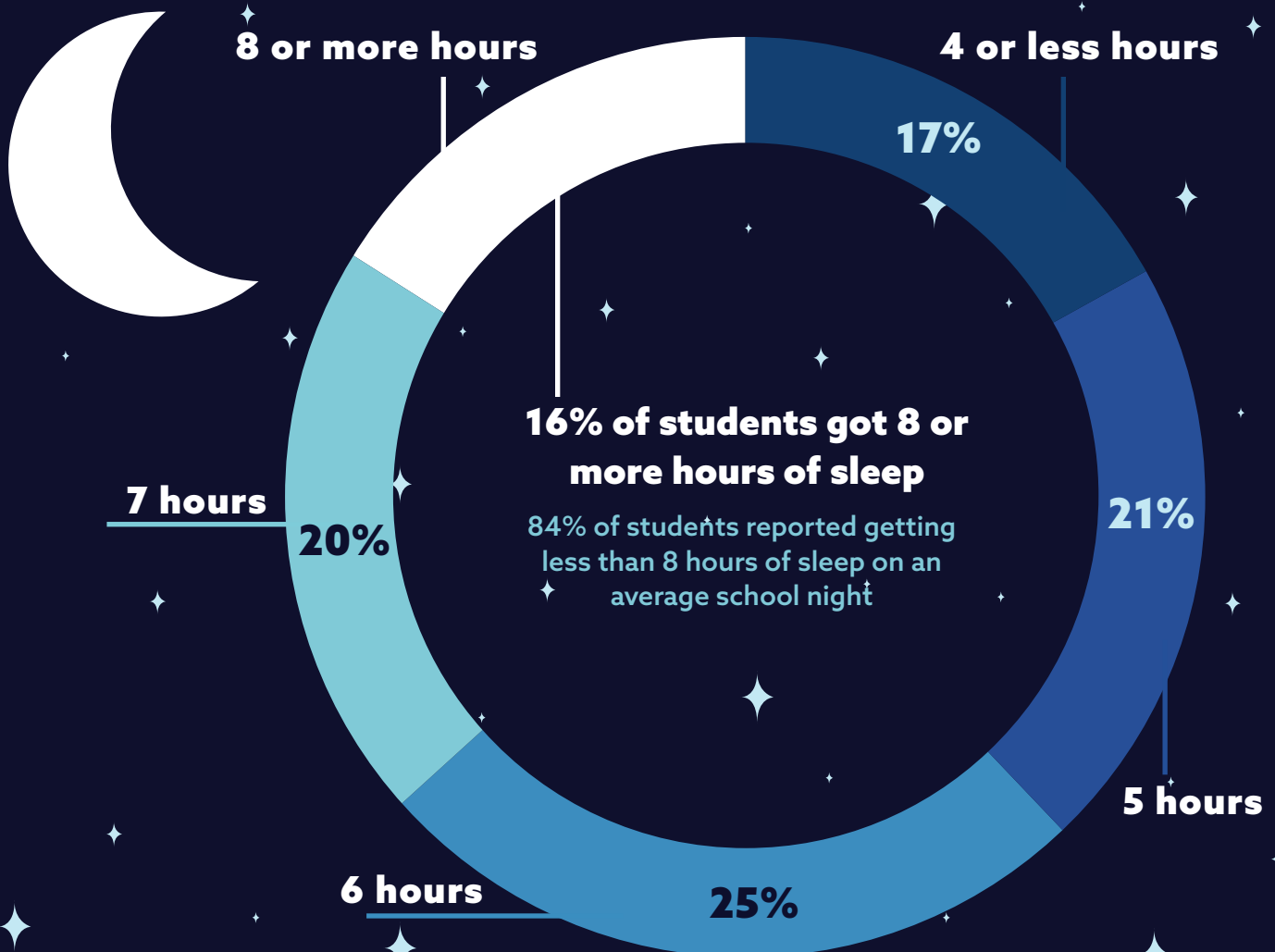


# SLEEP



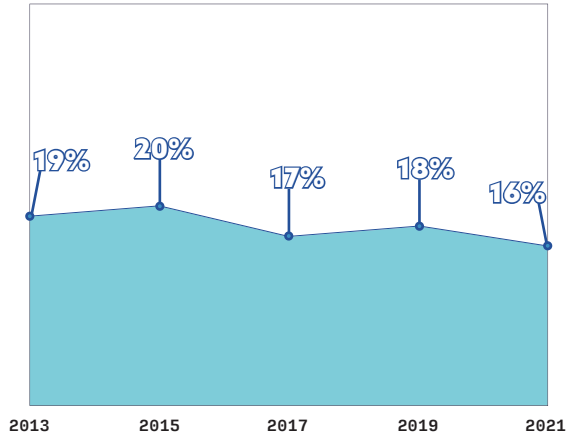
Philadelphia  
Youth Risk  
Behavior Survey  
Selected Results  
from 2021

## How many hours of sleep do you get on an average school night?



# Sleep Over Time

Percentage of high school students who reported getting 8 or more hours of sleep on an average school night 2013-2021



Adolescents who do not get enough sleep are more likely to...

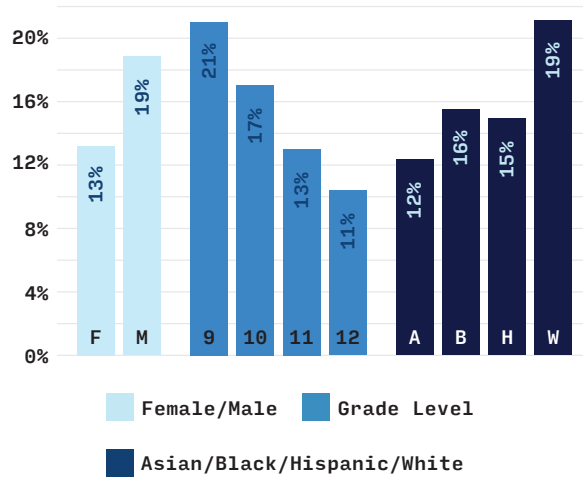
- Suffer from symptoms of depression.
- Engage in unhealthy risk behaviors such as drinking, smoking tobacco, and using illicit drugs.
- Perform poorly in school.

<https://www.cdc.gov/sleep/features/schools-start-too-early.html>

# By Demographic Group

Percentage of high school students who got 8 or more hours of sleep, on an average school night

This chart looks at the percentage of students who got 8 or more hours of sleep within each demographic group. Here, we can see which groups of students experienced the highest and lowest rates of sleep deprivation.



Based on this data, male students, 9th grade students, and white students were getting more sleep on average than their peers.

# Tips for Better Sleep

- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.

[https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)

## About YRBS

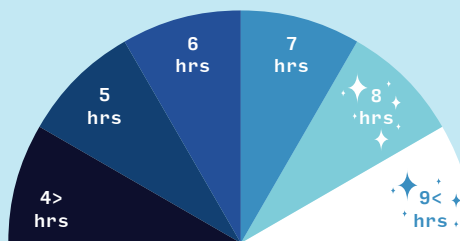
The Youth Risk Behavior Survey (YRBS) is conducted in cities and states across the United States on behalf of the Centers for Disease Control and Prevention (CDC). In spring 2021, the YRBS was administered to a sample of 1,351 students in grades 9-12 at 30 School District of Philadelphia (SDP) schools.

For more information on the YRBS  
<https://www.cdc.gov/healthyouth/data/yrbs/index.htm>

For more information on the YRBS in SDP  
<https://www.philasd.org/research/yrbs/>

## Where do YOU fall on the sleep meter?

ANYONE AGED 13-18 SHOULD GET AT LEAST 8-10 HOURS OF SLEEP WITHIN 24 HOURS



## Resource for Students

<https://www.cdc.gov/sleep/data-and-statistics/high-school-students.html>  
 CDC High School Students Sleep Data

<http://www.sleepeducation.org/>  
 Sleep Education from the American Academy of Sleep Medicine

<http://www.sleepeducation.org/healthysleep>  
 National Healthy Sleep Awareness Project