

# REFLECTIONS ON HEALTHY SCHOOL START TIMES DURING STAY-AT-HOME ORDERS

July 2020

Regional Adolescent Sleep Needs Coalition (RASNC)

\*Results summarized by Kate Doyle, MBA, and Jackie Kloss, PhD



# SURVEY OBJECTIVES

1. To determine if secondary school start times during stay-at-home orders were more aligned with AAP recommendations (8:30 am or later)
2. To examine the sleep of adolescents during the stay-at-home orders
3. To assess parents' support of later school start times in response to their experience of their children's sleep patterns during the stay-at-home orders

# SURVEY PARTICIPANTS OVERVIEW

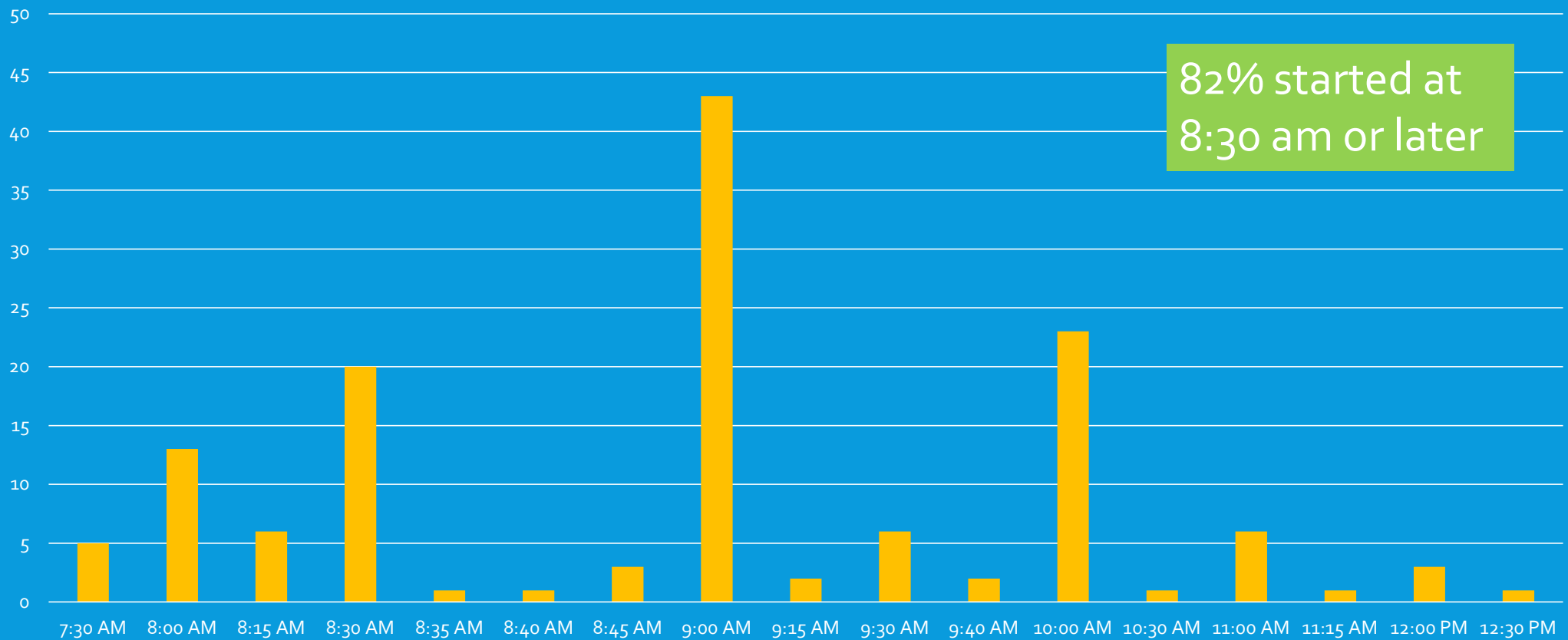
- Convenience sample/pilot study
  - RASNC members in June
  - Extended outreach in July
- 131 survey responses – 177 students
- State Breakdown
  - 125 PA
  - 2 NJ
  - 1 DE
  - 1 MA
  - 1 CA
  - 1 TN
- PA County Breakdown
  - 56 Chester
  - 33 Montgomery
  - 28 Delaware
  - 6 Bucks
  - 1 Philadelphia
  - 1 Lancaster
- School Type
  - 170 public
  - 6 private
  - 1 parochial
- Top Districts
  - 29 Lower Merion
  - 28 OJR
  - 24 Downingtown
  - 18 Radnor
  - 10 Garnet Valley
  - 9 T/E
- Grade Breakdown
  - 66 Middle school (6-8)
  - 111 High school (9-12)

## 1. TO DETERMINE IF SCHOOL START TIMES DURING STAY-AT-HOME ORDERS WERE MORE ALIGNED WITH AAP RECOMMENDATIONS

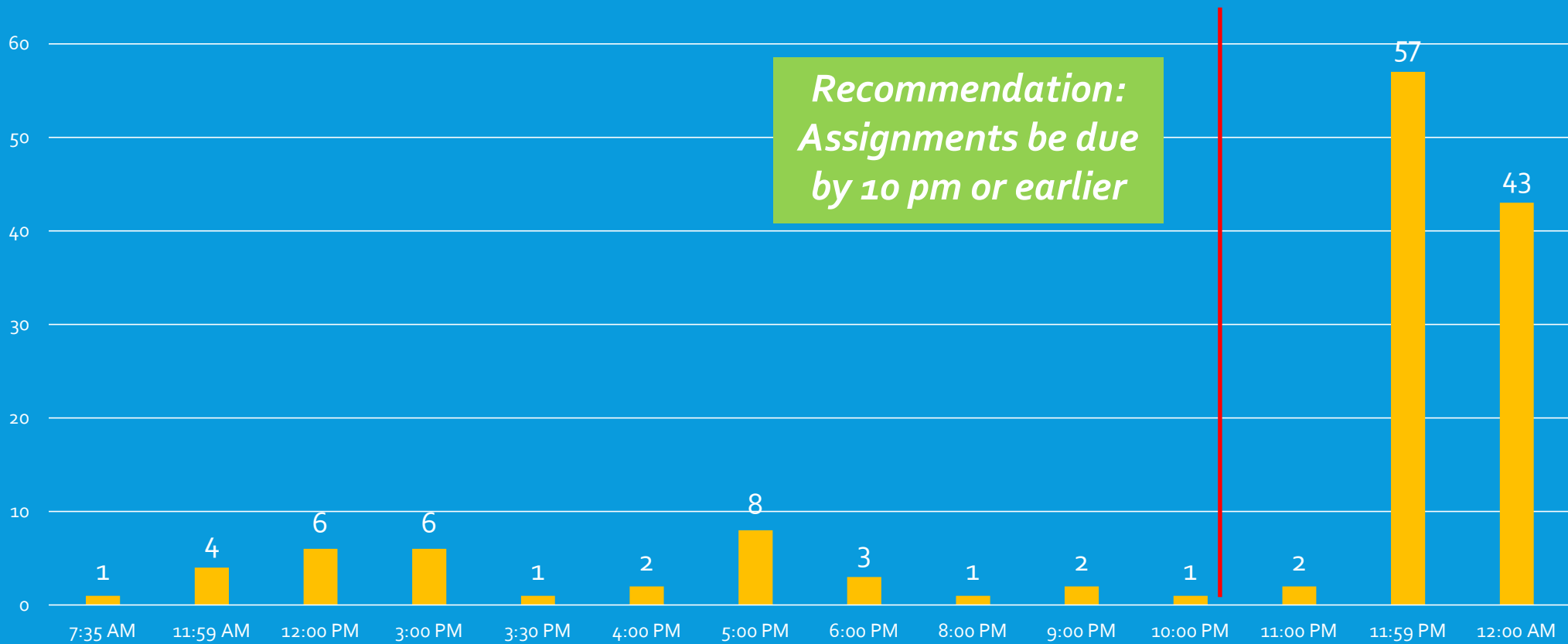
### **Finding:**

School start times during stay-at-home orders were more aligned with AAP recommendations

# IF SCHOOL HAS LIVE CLASS TIME OR OFFICE HOURS, WHAT IS THE EARLIEST SCHEDULED START TIME?



# WHAT IS THE LATEST TIME ASSIGNMENTS ARE DUE?



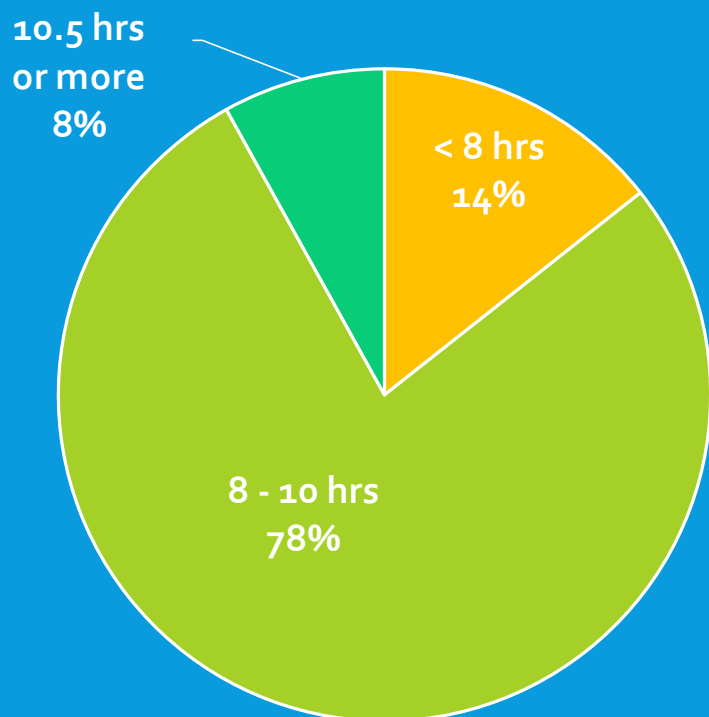
## 2. TO EXAMINE THE SLEEP OF ADOLESCENTS DURING THE STAY-AT-HOME ORDERS

### **Finding:**

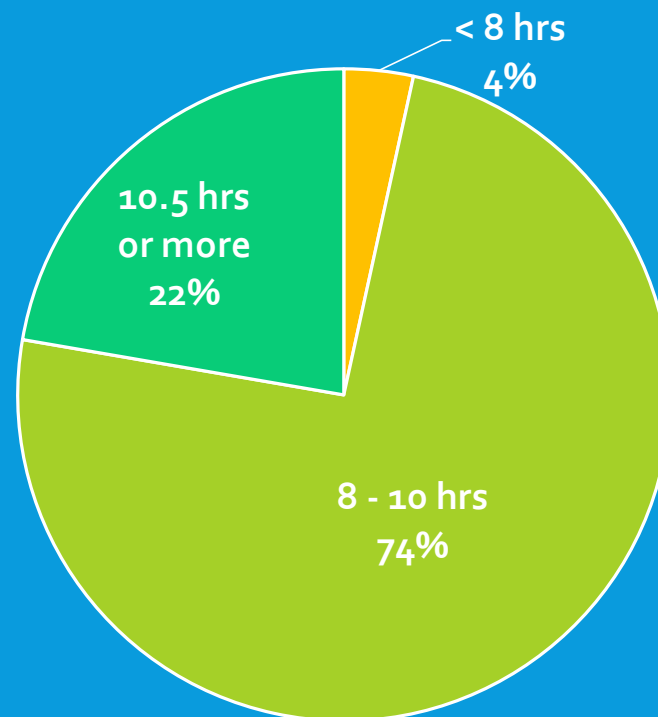
Later start times and/or asynchronous learning during stay-at-home orders was associated with increased sleep for adolescents

# WHAT IS YOUR BEST ESTIMATE OF YOUR CHILD'S AVERAGE SLEEP ON SCHOOL DAYS & WEEKENDS?

School Nights – Average 8.87



Weekend Nights – Average 9.65

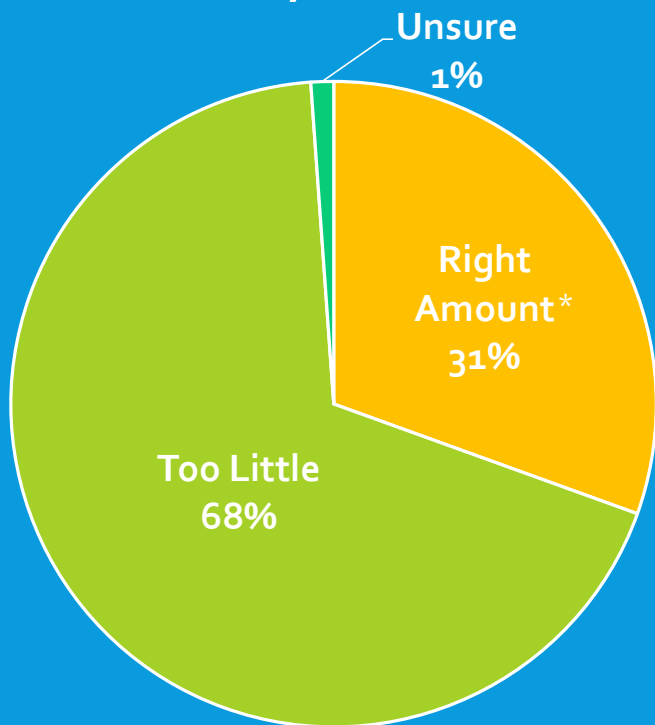


Per CDC, 73% of HS students get 7 hours or less on average school night ([Wheaton et al. 2018](#))

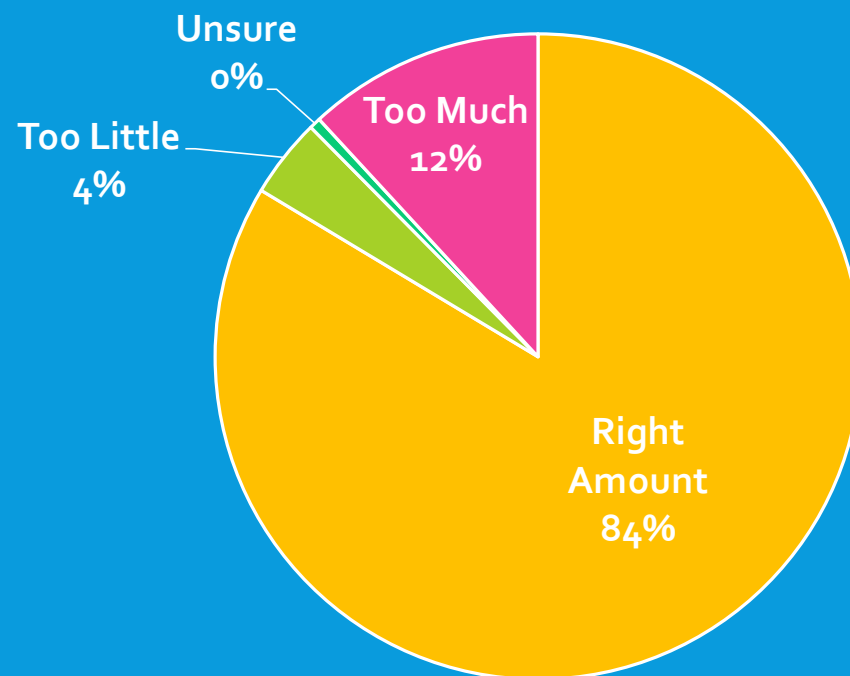


# HOW MUCH SLEEP DO YOU FEEL THAT YOUR CHILD WAS GETTING?

## PRIOR to Stay-At-Home Order

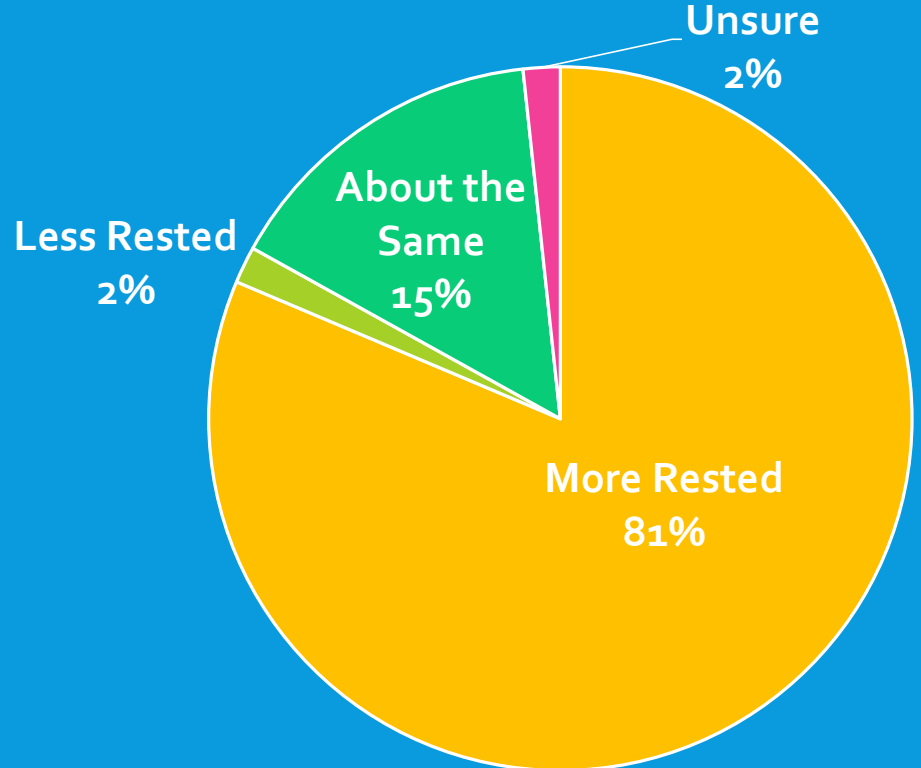


## DURING Stay-At-Home Order



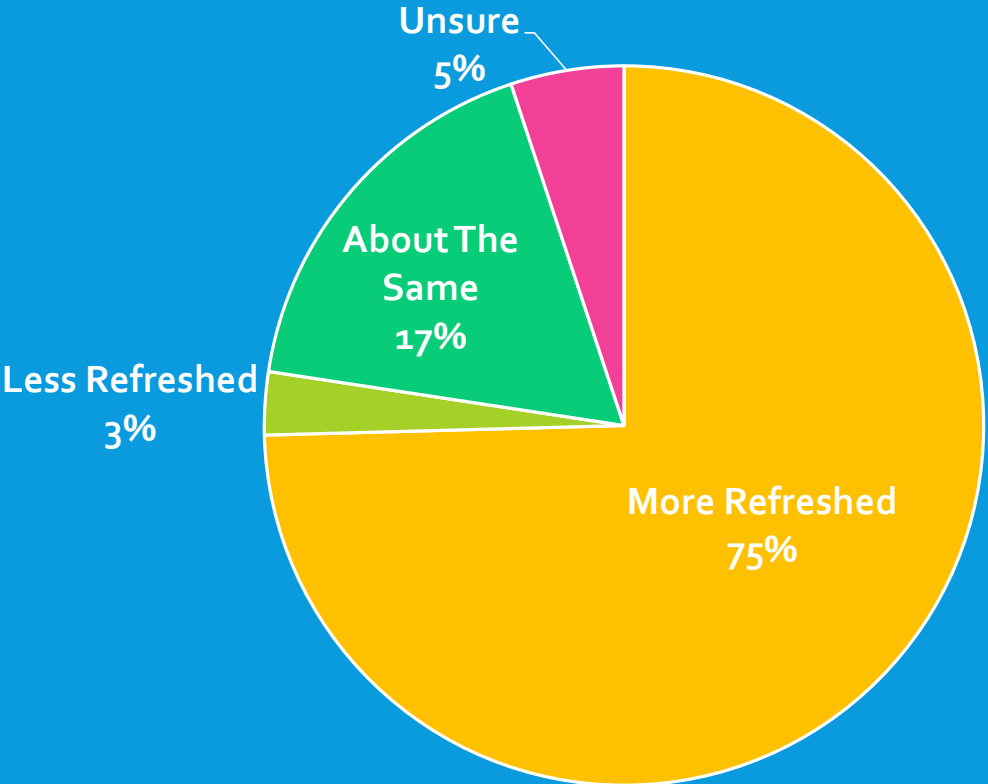
\*Of those who responded "Right Amount", 61% have school start times of 8am or later

# COMPARED TO THE TYPICAL SCHOOL SCHEDULE, DURING THE STAY-AT-HOME ORDERS, HOW RESTED DO YOU FEEL YOUR CHILD HAS BEEN?



Note: Of those who responded "About the Same", 63% have school start times of 8am or later

# UPON AWAKENING, HOW REFRESHED DOES YOUR CHILD FEEL COMPARED TO THE TYPICAL SCHOOL SCHEDULE?

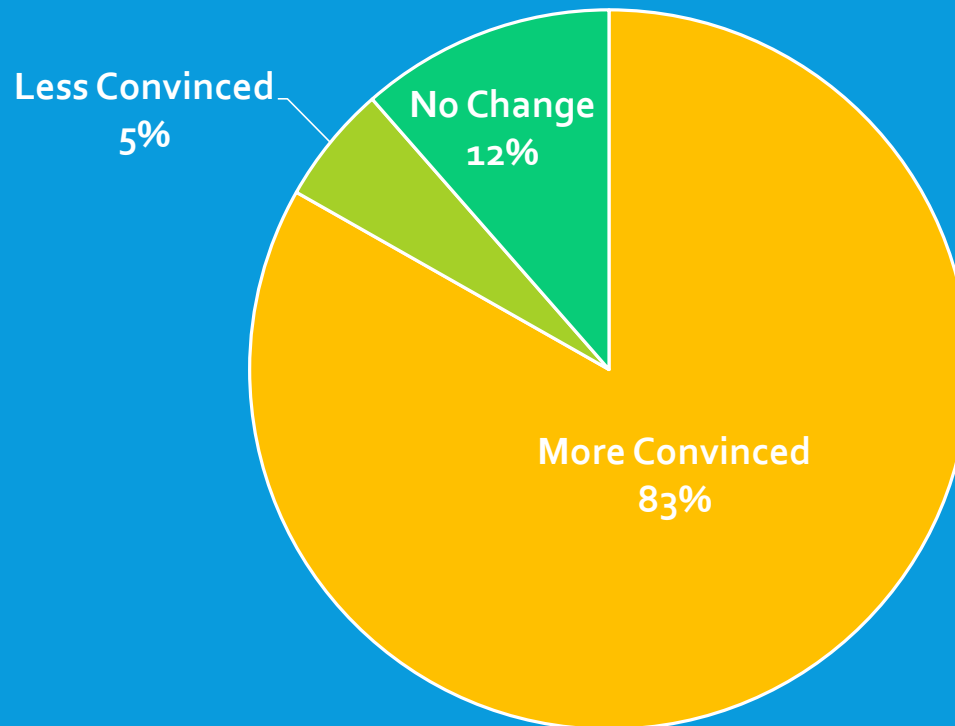


Note: Of those who responded "About the Same", 55% have school start times of 8am or later

### 3. TO ASSESS PARENTS' SUPPORT OF LATER SCHOOL START TIMES IN RESPONSE TO THEIR EXPERIENCE OF THEIR CHILDREN'S SLEEP PATTERNS DURING THE STAY-AT-HOME ORDERS

Finding: The majority of parents report that they are more convinced that school start times ought to be delayed as a result of stay-at-home orders.

# HOW DO THE CHANGES IN YOUR CHILD(REN'S) SCHEDULE AS A RESULT OF THE STAY-AT-HOME ORDERS INFORM YOUR FEELINGS ABOUT DELAYING SECONDARY SCHOOL START-TIMES?



## LIMITATIONS TO CONSIDER

- Preliminary analyses
- Representativeness of the sample
- Parent report of student sleep, as opposed to student report of student sleep
- Stay-at-home conditions are complex
- Further analyses indicated

## NEXT STEPS

Contact your school board & superintendents to share the following

- Of families polled, the majority of adolescents (86%) met the recommended 8+ hours during the stay-at-home orders
  1. The majority of adolescents met requisite sleep on weekdays
  2. The difference during stay-at-home orders between school & weekend nights sleep suggests reduced social jet lag
- Please incorporate the following into any school re-opening plans
  1. Live start times, office hours, attendance be set at 8:30 or later
  2. Assignments due earlier (e.g. 8pm – 10pm) to encourage earlier bedtimes and reduced screen time before bed