



Start Times Advisory Committee
Masconomet, Boxford, Middleton, Topsfield

Student STAC Survey Results

September 1, 2016

This report contains the findings from the Start Times Advisory Committee survey of the grades 5-12 children in the Masconomet, Boxford, Middleton, and Topsfield school districts. The survey was administered in June of 2016 in order to gather information to inform STAC in developing proposals for alternative start times at our schools.

Q1: What grade are you in?

The survey went out to students in Grades 5-12 in June, 2016. We received a total of 795 responses. We also show the number of students in each grade, and calculate what percentage of students in that grade responded to the survey. The highest response rate was in grade 5 (65%) and then Grade 9 (38%).

Grade	Responses	%	Actual # in Grade	% of Grade in survey
Grade 5	206	26%	317	65%
Grade 6	93	12%	311	30%
Grade 7	43	5%	332	13%
Grade 8	114	14%	326	35%
Grade 9	110	14%	287	38%
Grade 10	73	9%	305	24%
Grade 11	103	13%	340	30%
Grade 12	46	6%	369	12%
No response	7	1%	n/a	n/a
TOTAL Responses	795	100%	2,587	

2. On SCHOOL mornings, do you wake up naturally or does a person or alarm wake you up?

Notice the steep drop-off in students who wake up naturally as they get older. Parents report that 4% of their high schoolers wake up naturally, and the other age groups show a very similar trend. Waking up naturally is the best indicator that people have had sufficient sleep.

How wake up	5 to 6	%	7 to 8	%	9 to 12	%
I wake up naturally	128	42%	19	12%	17	5%
An alarm or someone wakes me	176	58%	137	88%	314	95%
TOTAL children	304	100%	156	100%	331	100%

10. School starts at the Masconomet Middle and High Schools at 7:25. In your opinion, is the start of school at Masconomet:

77% of high schoolers think that Masco starts too early or much too early. 60% of middle schoolers agree, and 57% of our children in elementary grades 5-6, who themselves don't even experience the earlier start times, agree.

School start time	5 to 6	%	7 to 8	%	9 to 12	%
Much too early	67	22%	30	19%	76	23%
Too early	104	34%	64	41%	176	54%
Too late	5	2%	1	1%	3	1%
Much too late	6	2%	1	1%	0	0%
Just right	87	29%	47	30%	54	17%
I have no opinion	33	11%	12	8%	18	6%
TOTAL children	302	100%	155	100%	327	100%

3. What would be an ideal time for you to wake up each morning on SCHOOL days?

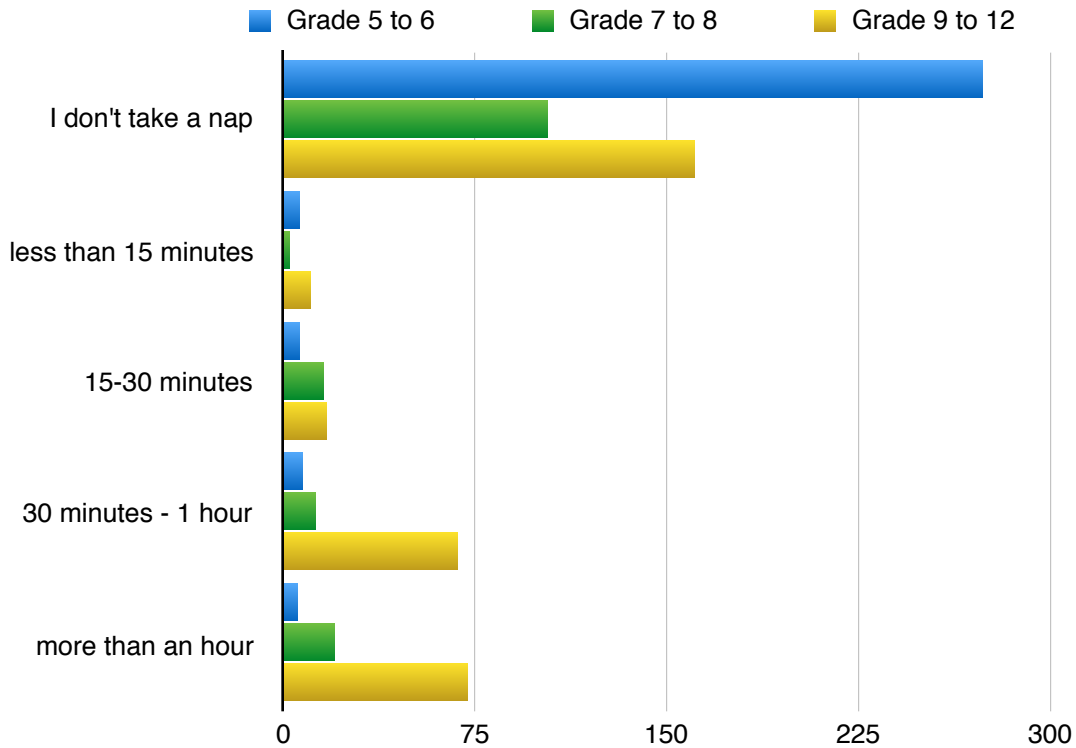
Only one quarter of high schoolers report that the ideal time to wake up is before 7am, which is consistent with their start time preferences. The other three quarters of high schoolers prefer to wake up 1-2 hours later than they do now - which would indicate start times between 8:40-9:40am, if this were the only factor.

Ideal wake time	5 to 6	%	7 to 8	%	9 to 12	%
before 5am	8	3%	0	0%	3	1%
5:15am	2	1%	2	1%	4	1%
5:30am	13	4%	5	3%	12	4%
5:45am	11	4%	7	4%	9	3%
6:00am	27	9%	25	16%	28	8%
6:15am	13	4%	17	11%	14	4%
6:30am	28	9%	14	9%	20	6%
6:45am	47	15%	6	4%	15	5%
7:00am	52	17%	23	15%	53	16%
7:15am	26	9%	7	4%	14	4%
7:30am	28	9%	18	12%	56	17%
7:45am	12	4%	8	5%	12	4%
8:00am	18	6%	9	6%	49	15%
8:15am	6	2%	2	1%	5	2%
8:30am	3	1%	2	1%	15	5%
8:45am	2	1%	2	1%	1	0%
9:00am	4	1%	1	1%	8	2%
after 9:00am	3	1%	6	4%	5	2%
don't know	2	1%	2	1%	8	2%
TOTAL responses	305	100%	156	100%	331	100%
Average response	6:50AM		6:50AM		7:00AM	

4. If you routinely take a nap on SCHOOL days, typically how long is the nap?

While 91% of students in Grades 5 and 6 never take a nap, that changes when students enter Masconomet. In Grades 7 and 8, 33% of students nap and in Grades 9-12, 51% of students nap on school days. Of those students, 22% are sleeping more than an hour. While napping is generally considered beneficial by sleep experts and provides a short term boost, napping cannot replace sleep and is not an effective tool for chronic sleep deprivation.

How wake up	5 to 6	%	7 to 8	%	9 to 12	%
I don't take a nap	274	91%	104	67%	161	49%
less than 15 minutes	7	2%	3	2%	11	3%
15-30 minutes	7	2%	16	10%	17	5%
30 minutes - 1 hour	8	3%	13	8%	68	21%
more than an hour	6	2%	20	13%	73	22%
TOTAL children	302	100%	156	100%	330	100%



Q5, Q9: What time do your children go to bed, fall asleep, and wake up?

We asked this question for two situations: on a school night, and when not constrained by other activities (naturally). This is a summary of the bed times, sleep times, and waking times for children by grade group. It's easy to see that bedtimes move later as children get older, both on school nights and on nights when children can choose their bedtime. On school days, there is a 2.75 hour difference between school waking time and natural waking time for Grades 7-8. In high school, it's nearly three and a half hours. These shifts are entirely normal, and are found in humans worldwide, across all cultures. Researchers have found that the average sleep schedule of an adolescent is 11:00pm-8:30am. The responses to our survey align with those conclusions.

	5-6	7-8	9-12
# of respondents	299	156	340
School: Avg time to bed	9:11PM	9:45PM	10:41PM
School: Avg time to sleep	9:53PM	10:27PM	11:22PM
School: Avg time it takes to fall asleep	42m	42m	41m
School: Avg time wake up	6:44AM	6:00AM	6:03AM
Natural: Avg time to bed	9:58PM	10:22PM	11:06PM
Natural: Avg time to sleep	10:36PM	10:59PM	11:38PM
Natural: Avg time it takes to fall asleep	38m	37m	32m
Natural: Avg time wake up	8:10AM	8:48AM	9:22AM
Difference between school wake up and natural wake up	1h 26m	2h 48m	3h 19m

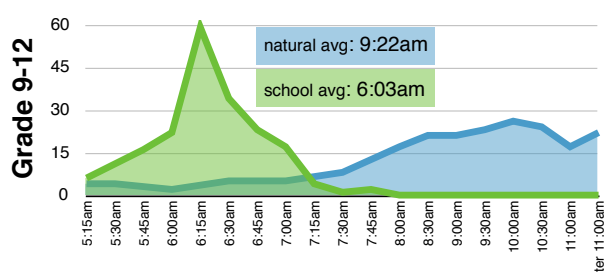
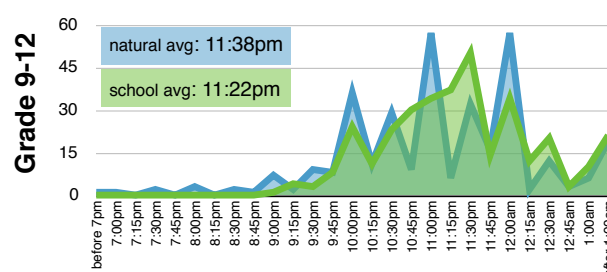
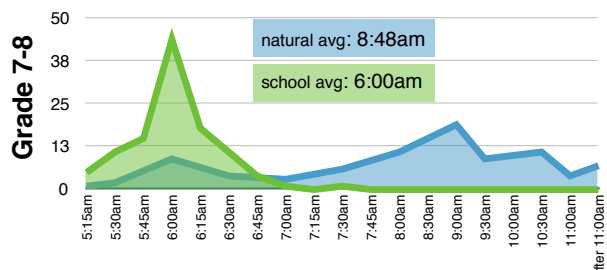
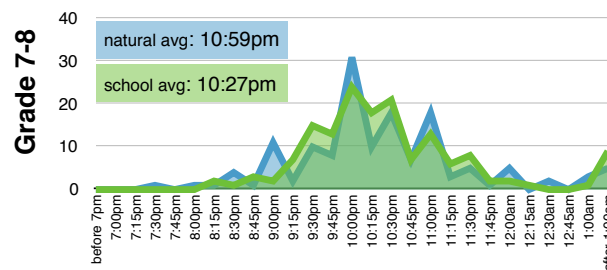
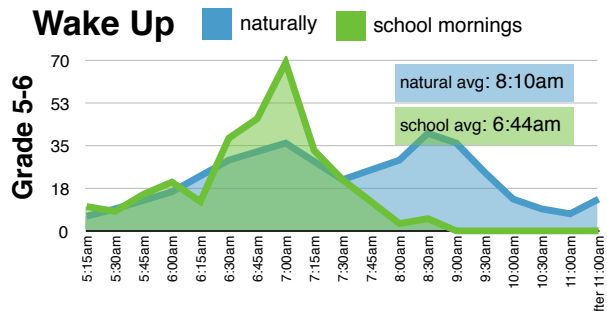
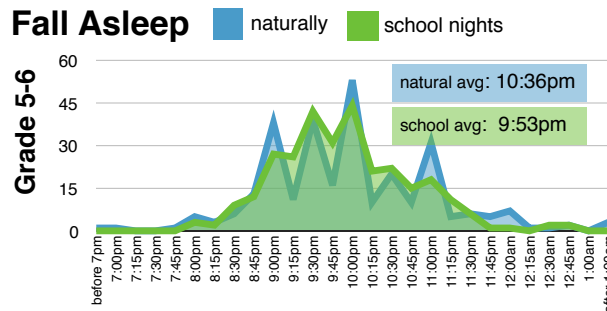
Notice the difference between average total sleep on school nights compared with nights where our children are able to wake naturally. Our high school students are sleeping 2 hours and 45 minutes less on average during school days compared with non-school days. Middle school students are sleeping 2 hours and 9 minutes less on average.

Compared with their natural schedules over the course of a school week, students in grades 3-6 accumulate nearly 3 hours of sleep debt on average; in grades 7-8, 10.75 hours; in grades 9-12, 13.75 hours.

	5-6	7-8	9-12
NSF recommended sleep range	9-11 hours	8-10 hours	8-10 hours
NSF average sleep	10h 0m	9h 0m	9h 0m
Average sleep on school schedule	8h 51m	7h 33m	6h 41m
Average sleep on "natural" schedule	9h 34m	9h 49m	9h 44m
Difference between school and natural schedule	-43m	-2h 16m	-3h 3m
Accumulated sleep debt over a 5-day school week	-3h 35m	-11h 20m	-15h 15m

Q5, Q9: What time do you go to bed, fall asleep, and wake up?

The charts below show the times, according to our children, that they fall asleep (on the left) and wake up (on the right). Each row of charts represents a different age group. Green regions represent sleep and wake patterns on school nights and school mornings. Blue regions represent sleep and wake patterns on “natural” nights and mornings, when children are able to fall asleep and wake when they want to.



The charts on the left indicate **falling asleep times**. As our children age, they fall asleep later. Children in Grades 9-12 fall asleep about 1 hour later than their counterparts in Grades PreK-2. This difference is consistent with the sleep research, nationwide.

Under ideal circumstances, the graphs for natural and school night sleep would overlap and appear nearly identical. In grades 5-6, the graph averages differ by 43 minutes between natural and school night fall asleep times. In grades 7-8, the difference is 28 minutes. In grades 9-12 the difference is 16 minutes. Researchers point out that adolescents become sleepy naturally at approximately 11pm, on average (older teens and boys trend later).

The charts on the right indicate **waking times**. Under ideal circumstances, the graphs for natural and school night sleep would overlap and appear nearly identical. In grades 5-6, there is a 1hr 26min difference between natural and school night waking times. In grades 7-8 our children experience the earlier start times at Masconomet and the difference becomes 2hr 48min, exactly what their parents report. In grades 9-12 the difference is 3hr 19min.

Calculating the average sleep time

We asked students when they went to bed, when they went to sleep, and when they wake up on school nights and non-school nights. We use the difference between “go to sleep” and “wake up” to calculate the number of hours of sleep. In high school, 8% of students are getting the minimum recommended amount of sleep (8 hours) and 17% are getting 5.5 hours of sleep or less each night. The average amount of reported sleep for a high school student is 6 hours and 30 minutes.

# Hours ACTUAL	5 to 6	%	7 to 8	%	9 to 12	%
3-3.5	0	0%	0	0%	4	2%
3.5-4	0	0%	0	0%	0	0%
4-4.5	1	0%	2	2%	4	2%
4.5-5	0	0%	2	2%	14	7%
5-5.5	3	1%	2	2%	11	6%
5.5-6	1	0%	3	3%	23	12%
6-6.5	1	0%	5	5%	23	12%
6.5-7	14	5%	15	14%	45	24%
7-7.5	12	4%	20	18%	31	17%
7.5-8	30	10%	26	24%	18	10%
8-8.5	38	13%	21	19%	11	6%
8.5-9	64	22%	10	9%	3	2%
9-9.5	69	24%	3	3%	0	0%
9.5-10	29	10%	1	1%	0	0%
10-10.5	26	9%	0	0%	0	0%
10.5-11	4	1%	0	0%	0	0%
11+	0	0%	0	0%	0	0%
Total children	292		110		187	
Average response	8h 42m		7h 30m		6h 30m	

Next we compare the average sleep students say they are getting versus the NSF recommendation, by grade group. Out of curiosity, we also show how much sleep parents think their children are getting, from the parent survey. Parents think that their children get about 45 minutes more sleep than the children report.

Sleep	5 to 6	7 to 8	9 to 12
How much parents say they get	n/a	8h 6m	7h 16m
How much students say they get	8h 42m	7h 30m	6h 30m
NSF recommendation	9-11 hours	8-10 hours	8-10 hours
Average of NSF range	10h	9h	9h
Difference between student reported and NSF average	1h 18m	1h 30m	2h 30m

Q6. How many hours of sleep do you feel you SHOULD get each night?

We offered respondents a range of number of hours of sleep, in half hour increments. 6 out of 10 children in grades 5-6, and 7 out of 10 middle and high schoolers answered in the 8-10 hour range - in keeping with experts' recommendations.

# Hours SHOULD	5 to 6	%	7 to 8	%	9 to 12	%
Less than 7 hours	11	4%	1	1%	10	3%
7-7.5	13	4%	5	3%	20	6%
7.5-8	19	6%	14	9%	37	11%
8-8.5	36	12%	20	13%	62	19%
8.5-9	51	17%	25	16%	82	25%
9-9.5	43	14%	29	19%	43	13%
9.5-10	52	17%	32	21%	41	12%
10-10.5	38	13%	12	8%	20	6%
10.5-11	24	8%	11	7%	12	4%
11+	17	6%	6	4%	5	2%
Total children	304		155		332	
Average response	9h 12m		9h 12m		8h 48m	

From here, we can calculate the average amount of sleep that students feel that they should get, and compare this number to the recommendations of the National Sleep Foundation, last updated in February, 2015.

Sleep	5 to 6	7 to 8	9 to 12
How much they say they SHOULD get	9h 12m	9h 12m	8h 48m
NSF recommendation	9-11 hours	8-10 hours	8-10 hours
Average of NSF range	10h 0m	9h 0m	9h 0m
Difference between SHOULD and NSF average	0h 48m	-0h 12m	0h 12m

19. How do you feel about the amount of sleep you get?

In Grades 5-6, half of students report needing more sleep. In middle school, 8 in 10 students report needing more or a lot more, and in high school, 9 in 10 students report needing more or a lot more sleep.

How feel about sleep?	5 to 6	%	7 to 8	%	9 to 12	%
I want a lot more sleep	31	11%	48	34%	154	50%
I could use more sleep	110	40%	69	48%	122	40%
I get the right amount of sleep	115	42%	21	15%	29	9%
I get more sleep than I need	11	4%	5	3%	0	0%
I sleep too much	8	3%	0	0%	2	1%
TOTAL children	275	100%	143	100%	307	100%

20. How do you feel about waking up on school days?

We also asked students how easy or difficult it is for them to wake up on school days. The answering trend correlates with how much sleep they get and feel they need.

How feel about waking up for school	5 to 6	%	7 to 8	%	9 to 12	%
Waking up is difficult	61	22%	68	47%	185	60%
Waking up is somewhat difficult	60	22%	39	27%	73	24%
Waking up is neither difficult nor easy	78	28%	17	12%	28	9%
Waking up is somewhat easy	30	11%	9	6%	15	5%
Waking up is easy	45	16%	11	8%	7	2%
TOTAL children	274	100%	144	100%	308	100%

21. How often do you feel sleepy at school?

14% of students in grades 5 and 6 say they are sleepy every day, and 27% are sleepy at least once a week. By high school, 57% of students feel sleepy every day, and 30% at least once a week - a total of 87% of the high school respondents.

How often feel sleepy at school	5 to 6	%	7 to 8	%	9 to 12	%
I never feel sleepy at school	41	15%	8	6%	4	1%
I feel sleepy at school a few times a year	78	28%	19	13%	18	6%
I feel sleepy at school at least once a month	43	16%	17	12%	18	6%
I feel sleepy at school at least once a week	74	27%	41	28%	91	30%
I feel sleepy at school almost every day	39	14%	59	41%	177	57%
TOTAL children	275	100%	144	100%	308	100%

22. Do you ever fall asleep at school?

4 in 10 of our high schoolers never falls asleep in school. 1 in 5 falls asleep once a week or more often. 6 in 10 of our middle schoolers never fall asleep in school. 4 in 10 fall asleep in school multiple times per year. 14% of our grade 5-6 children fall asleep in school multiple times per year.

How often fall asleep at school	5 to 6	%	7 to 8	%	9 to 12	%
I never fall asleep at school	238	86%	87	60%	123	40%
I fall asleep at school a few times a year	27	10%	30	21%	72	23%
I fall asleep at school at least once a month	5	2%	12	8%	48	16%
I fall asleep at school at least once a week	3	1%	7	5%	43	14%
I fall asleep at school almost every day	3	1%	8	6%	22	7%
TOTAL children	276	100%	144	100%	308	100%

7. What time does the bus arrive at your home? (Leave blank if you're not sure)

We asked parents to report the times that their respective elementary and Masconomet buses picked up their children in the morning and dropped them off in the afternoon. The times shown below are the averages for each category. This information is not particularly useful in the aggregate, but can be correlated with other data as needed.

Bus arrives (average reported time)	
Elementary pick up (before school) - 5-6 student responses	8:04AM
Elementary drop off (after school) - 5-6 student responses	3:26PM
Masconomet pick up (before school) - 7-12 student responses	7:02AM
Masconomet drop off (after school) - 7-12 student responses	2:29PM

8. Do you eat breakfast on school days?

We didn't ask the reasons why many students don't eat breakfast every day. By the time they reach middle and high school, more than half of students do not eat breakfast every day.

Eat breakfast?	5 to 6	%	7 to 8	%	9 to 12	%
Every day (ONLY at home)	167	56%	63	41%	105	32%
Every day (ONLY at school)	1	0%	1	1%	14	4%
Every day (home every day AND school every day)	20	7%	8	5%	12	4%
Every day (home every day AND school most days)	6	2%	0	0%	2	1%
Every day (home every day AND school some days)	2	1%	1	1%	6	2%
Every day (home most days AND school every day)	2	1%	1	1%	2	1%
Every day (home some days and school every day)	1	0%	1	1%	2	1%
Most days (ONLY at home)	37	13%	18	12%	21	6%
Most days (ONLY at school)	0	0%	1	1%	20	6%
Most days (home and school)	5	2%	1	1%	1	0%
Most days (most at home and some at school)	2	1%	5	3%	19	6%
Most days (some at home and most at school)	0	0%	1	1%	6	2%
Some days (ONLY at home)	35	12%	28	18%	40	12%
Some days (ONLY at school)	0	0%	1	1%	21	6%
Some days (home and school)	7	2%	6	4%	18	5%
I don't eat breakfast	11	4%	19	12%	42	13%
TOTAL children	296	100%	155	100%	331	100%

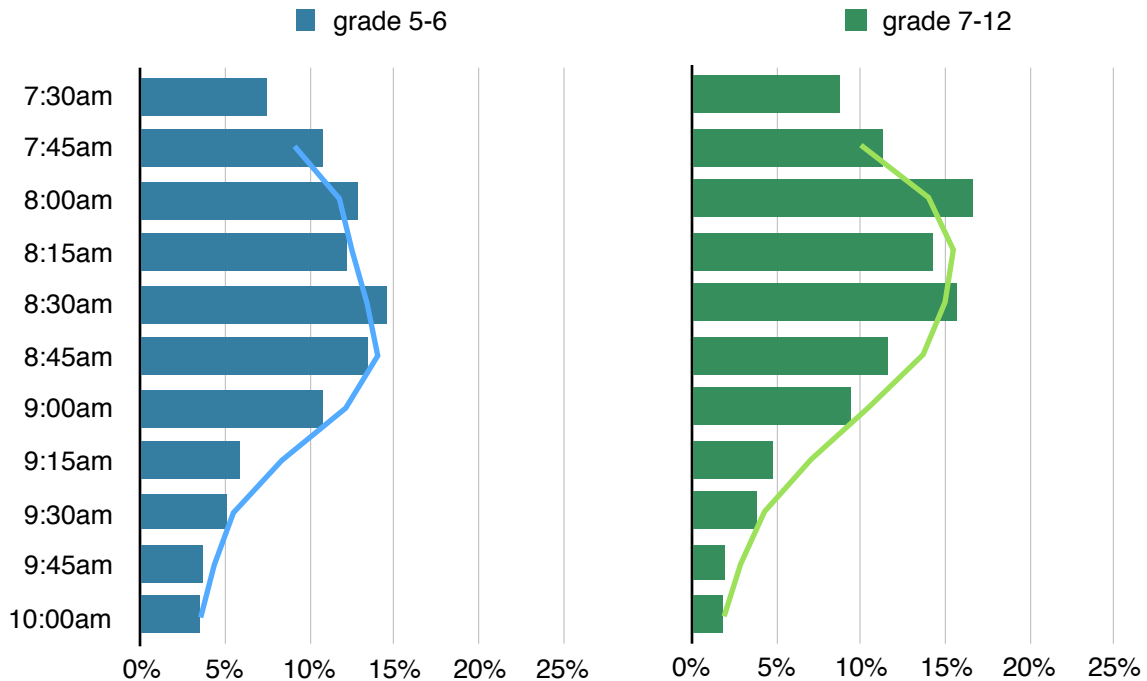
Collapsing these results into how often eat breakfast:

Breakfast analysis	5 to 6	%	7 to 8	%	9 to 12	%
Eat breakfast every day	199	67%	75	48%	143	43%
Eat breakfast most days	44	15%	26	17%	67	20%
Eat breakfast some days	42	14%	35	23%	79	24%
Don't eat breakfast	11	4%	19	12%	42	13%
TOTAL children	296	100%	155	100%	331	100%

11. What do you feel is the range of ideal school START times for YOU?

Students were asked to provide a range of ideal times for school to start. We can then translate these into acceptable start times, which we've broken down by grade ranges below. 2 in 10 students answered that start times before 8am would be acceptable. The survey did not discuss how extracurricular activities would adjust for school schedules, and may have resulted in conservative responses.

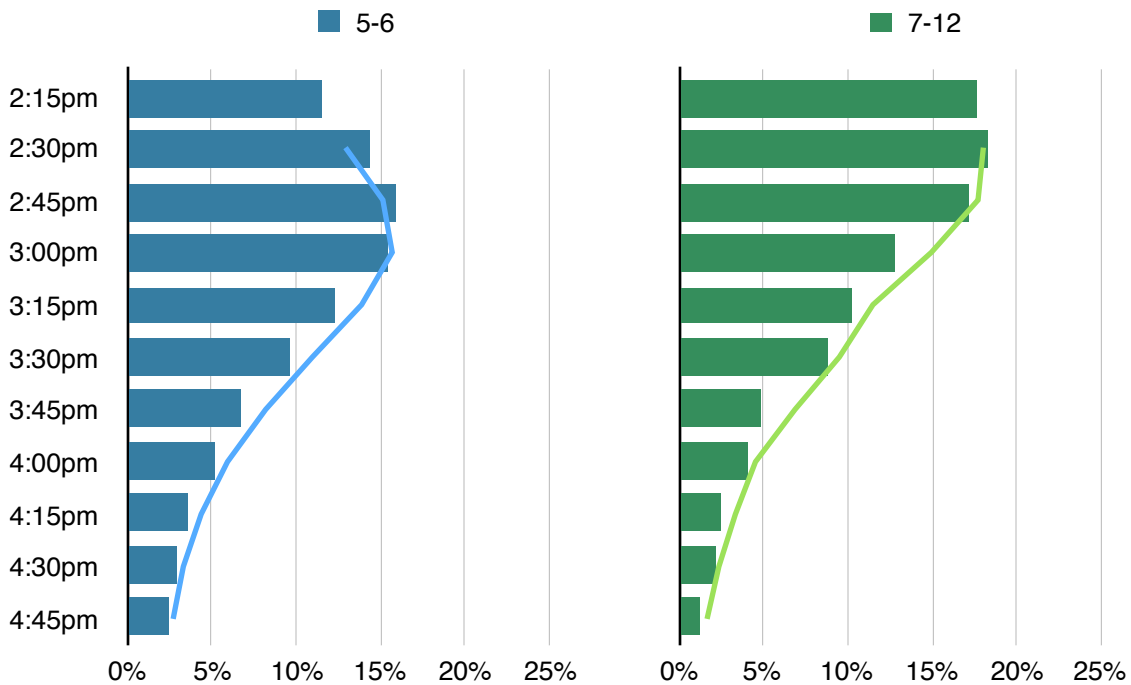
Is this an acceptable start time?	grade 5-6	grade 5-6	grade 7-12	grade 7-12
7:30am	89	7%	151	9%
7:45am	127	11%	196	11%
8:00am	152	13%	290	17%
8:15am	145	12%	247	14%
8:30am	173	15%	273	16%
8:45am	160	13%	202	12%
9:00am	128	11%	162	9%
9:15am	70	6%	83	5%
9:30am	60	5%	66	4%
9:45am	43	4%	34	2%
10:00am	41	3%	32	2%
TOTAL	1188		1736	
Average response	8:30AM		8:25AM	



11. What do you feel is the range of ideal school END times for YOU?

Students were asked to provide a range of ideal times for school to end. We can then translate these into acceptable end times, which we've broken down by grade ranges below. Two thirds of 7-12 graders prefer to end by 3pm. The survey did not discuss how extracurricular activities would adjust for school schedules, and may have resulted in conservative responses.

Is this an acceptable end time?	5-6	5-6	7-12	7-12
2:15pm	114	11%	254	18%
2:30pm	143	14%	262	18%
2:45pm	158	16%	245	17%
3:00pm	154	15%	183	13%
3:15pm	122	12%	146	10%
3:30pm	96	10%	126	9%
3:45pm	67	7%	71	5%
4:00pm	51	5%	59	4%
4:15pm	36	4%	37	3%
4:30pm	30	3%	31	2%
4:45pm	24	2%	17	1%
TOTAL	995		1431	
Average response	3:06PM		3:00PM	



12. How would changing the school day START time affect you?

Students were asked to indicate whether various start times would be: positive, negative, or no change for them. A “net acceptable” score was calculated: the number who said “better” + the number who said “unaffected” - the number who said “worse”. Using this method, elementary students indicate that start times between 8:00am and 9:30am are “net acceptable” and Masconomet students indicate that times from 7:45am to 9:00am are “net acceptable”.

Grades:	Grades 5-6				Grades 7-12			
	Negative	No change	Positive	Net	Negative	No change	Positive	Net
7:45AM	169	50	76	-43	70	269	132	331
8:00AM	137	86	61	10	80	144	247	311
8:15AM	114	103	69	58	108	81	281	254
8:30AM	71	144	65	138	141	36	293	188
8:45AM	73	138	68	133	183	28	258	103
9:00AM	91	80	109	98	228	22	223	17
9:15AM	119	57	103	41	263	23	183	-57
9:30AM	131	46	100	15	281	23	164	-94
9:45AM	146	39	94	-13	304	17	150	-137
10:00AM	151	36	94	-21	315	13	142	-160

13. How would changing the school day END time affect you?

We used the same methodology for end times. The survey did not discuss how extracurricular activities would adjust for school schedules, and may have resulted in conservative responses. Both groups chose times close to their current end times.

Grades:	Grades 5-6				Grades 7-12			
	Negative	No change	Positive	Net	Negative	No change	Positive	Net
2:15PM	29	32	204	207	11	297	133	419
2:30PM	32	44	185	197	95	203	142	250
2:45PM	36	49	172	185	179	141	119	81
3:00PM	40	161	52	173	254	86	99	-69
3:15PM	104	127	23	46	307	63	69	-175
3:30PM	181	53	19	-109	352	39	48	-265
3:45PM	218	28	9	-181	392	24	23	-345
4:00PM	233	14	8	-211	400	17	21	-362
4:15PM	234	12	7	-215	404	18	18	-368
4:30PM	234	11	8	-215	407	15	17	-375

14. How many hours of homework and extracurricular activities (athletics, clubs, job, and academic competitions, for example) do you have in a TYPICAL DAY, on AVERAGE? Your answer should INCLUDE transportation time to and from these activities.

While not all students participate in extracurricular activities, let alone all of the ones shown below, the reality lies somewhere between what students report and what their parents report.

Avg time on activities on a typical day	5 to 6	7 to 8	9 to 12
Homework	54m	2h 6m	3h 6m
Athletics, including transportation	2h 6m	2h 12m	1h 54m
Job, including transportation*	30m	36m	1h 42m
Volunteer, including transportation	24m	36m	42m
Other, including transportation	1h 10m	36m	1h 24m
TOTAL	5h 4m	6h 6m	8h 48m
What parents report	n/a	5h 2m	6h 28m

* it's possible that students in Grades 5-8 interpreted "job" as "chores", or that they entered spurious data. For example, 4 students in grades 5-8 reported having 6+ hours of jobs.

17. How do you feel about your schedule?

Six out of ten Masconomet high schoolers feel over scheduled. 37% of middle schoolers and three out of ten children in grades 5-6 feel over scheduled.

How feel about your schedule?	5 to 6	%	7 to 8	%	9 to 12	%
I am very overscheduled	18	7%	15	10%	51	17%
I am overscheduled	64	23%	39	27%	134	44%
I have just enough time for everything I want to do	156	57%	70	49%	98	32%
I could schedule more things to do	27	10%	17	12%	22	7%
I could schedule many more things to do	8	3%	3	2%	1	0%
TOTAL children	273	100%	144	100%	306	100%

Break out homework from Q14 and analyze

We broke out the homework question, so that we could compare the data to the Parent and Staff surveys. The amount of time spent on homework rises steadily through the grades. Students in Grades 5-6 respond that they have, on average, 1 hour of homework. Students in Grades 7 to 8 say that they have, 2 hrs 6 min of homework on average and those in high school say that they have 3 hrs 6 min of homework on average.

Homework time	grades 5-6	%	grades 7-8	%	grades 9-12	%
Fewer than 30 minutes	78	30%	2	1%	6	2%
30 minutes-1 hour	117	44%	23	16%	12	4%
1-2 hours	51	19%	55	39%	62	20%
2-3 hours	15	6%	41	29%	70	23%
3-4 hours	1	0%	11	8%	71	23%
4-5 hours	1	0%	5	4%	56	18%
5-6 hours	0	0%	1	1%	20	7%
More than 6 hours	1	0%	3	2%	7	2%
TOTAL children	264	100%	141	100%	304	100%
Average	1h		2h 6m		3h 6m	

Q18: How do you feel about your homework?

In grades 5-6, the reaction to homework load appears to be nearly balanced. In middle school, two thirds of students report having too much homework. By high school, 8 in 10 students reports having too much homework, and 4 in 10 report that there is so much homework that they cannot give it the attention it needs.

How feel about homework?	5-6	%	7-8	%	9-12	%
I have so much homework that I can't give it the attention it needs	21	8%	28	19%	116	38%
I have too much homework	51	19%	64	44%	132	43%
I have the right amount of homework now	138	50%	46	32%	51	17%
I have some homework	42	15%	5	3%	4	1%
I don't have very much homework at all	22	8%	1	1%	3	1%
TOTAL children	274	100%	144	100%	306	100%

15. Would a later school day conflict with a job or other activity that you currently participate in?

This question was asked without discussing how after school activities would adjust to accommodate changes in the school schedule. Our older children, who have more control over their schedules, believe that there would be fewer conflicts. The rise in uncertainty as they age may result from their greater understanding of how these activities might be flexible.

Later day conflict?	5 to 6	%	7 to 8	%	9 to 12	%
Yes	191	70%	81	57%	137	45%
I'm not sure whether it would conflict	62	23%	36	25%	95	31%
No	19	7%	26	18%	74	24%
TOTAL responses	272	100%	143	100%	306	100%

16. Would it be easy or difficult to change your schedule if the school day ended later?

Again, this question was asked without discussing how after school activities would adjust to accommodate changes in the school schedule. Similar to the previous question, our older children think that the change to their schedules would be easier.

Easy to change?	5 to 6	%	7 to 8	%	9 to 12	%
Very easy	16	6%	19	13%	49	16%
Somewhat easy	24	9%	23	16%	88	29%
It wouldn't make a difference	20	7%	8	6%	29	9%
Somewhat difficult	93	34%	40	28%	54	18%
Very difficult	104	38%	45	31%	73	24%
I'm not sure	18	7%	8	6%	14	5%
TOTAL children	275	100%	143	100%	307	100%

23. Do you drink caffeinated beverages to help you stay awake/alert?

The survey specifically asked about using caffeine to stay awake and alert, e.g. as a medication or drug. The trend is that our children use caffeine specifically to stay awake and alert more often as they get older. More of our younger children are utilizing caffeine for this purpose.

Caffeine use to stay awake and alert	5 to 6	%	7 to 8	%	9 to 12	%
I never drink caffeinated beverages to stay awake and alert	78	30%	84	58%	116	38%
I drink caffeinated beverages a few times a year	117	45%	16	11%	22	7%
I drink caffeinated beverages at least once a month	51	19%	13	9%	43	14%
I drink caffeinated beverages at least once a week	15	6%	16	11%	57	19%
I drink caffeinated beverages almost every day	1	0%	15	10%	69	22%
TOTAL children	262	100%	144	100%	307	100%

