

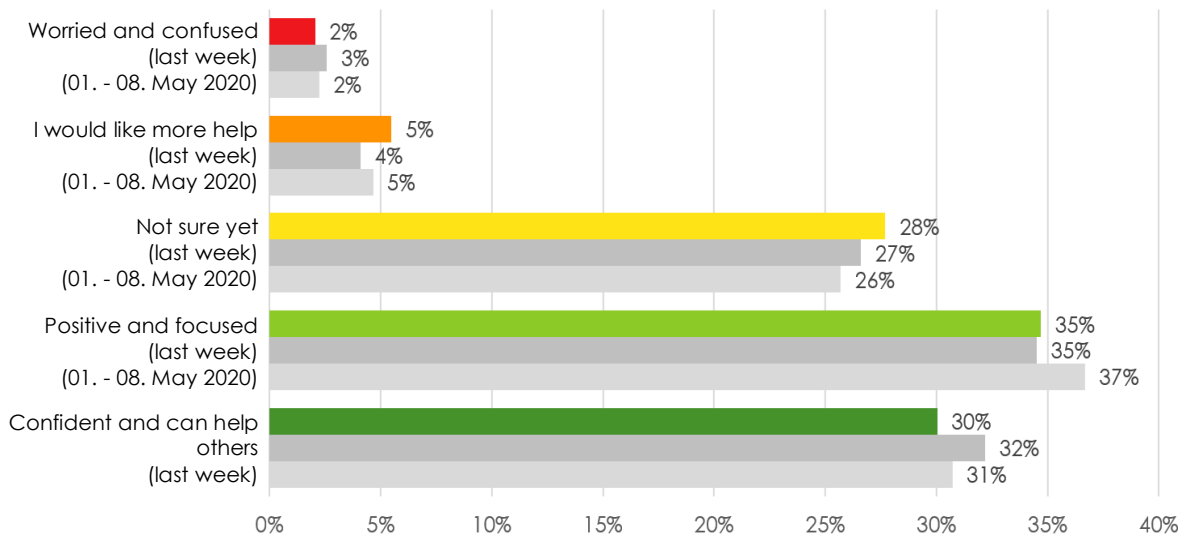


Do you get enough sleep? (Primary & Secondary) 15th May 2020 – 22nd May 2020

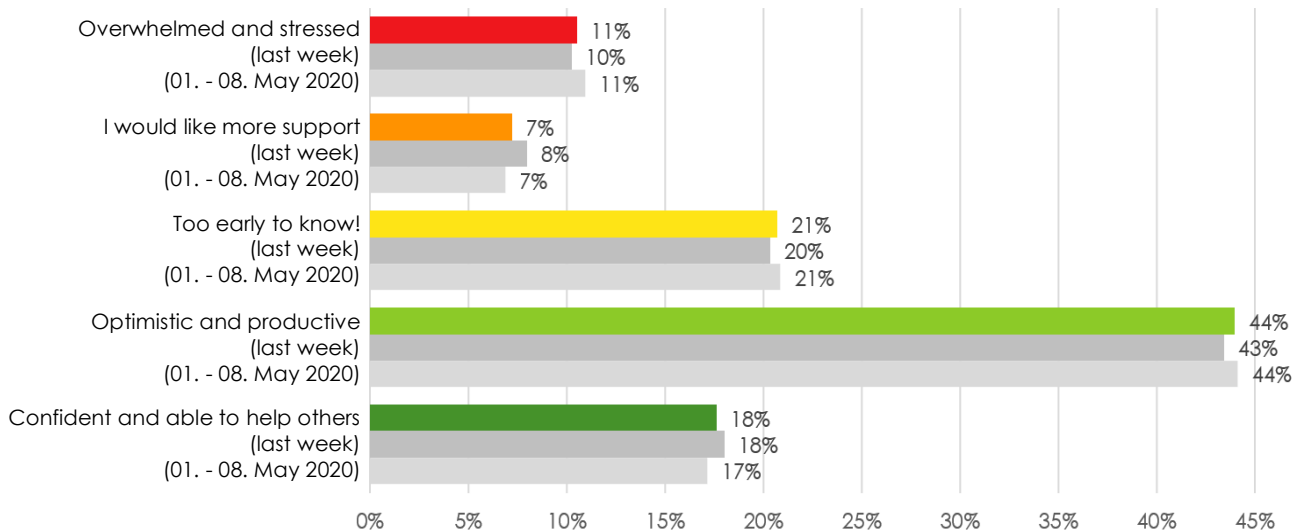
Due to the Coronavirus crisis, schools in the UK were mostly closed this week. As a result, students/pupils instead engaged with our content from home. While usually our votes are logged by teachers, we set up links for students/pupils and parents to vote independently. The response was overwhelming as many took the opportunity to have their voice heard from home.

As part of our vote this week, we encouraged students to share how they were feeling about learning from home with us. Here is an insight into what they said:

Primary



Secondary

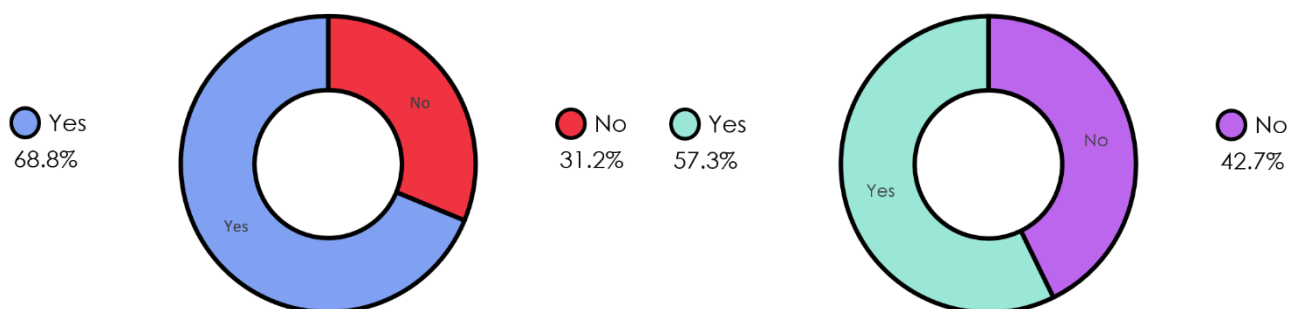




Grand Total

Primary: Yes 68.78%
No 31.22%

Secondary: Yes 57.25%
No 42.75%

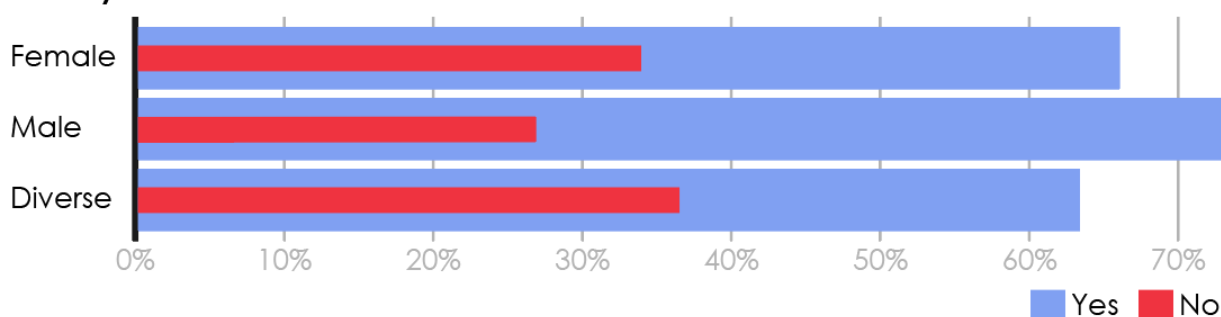


Primary pupils and Secondary students discussed the importance of sleep.

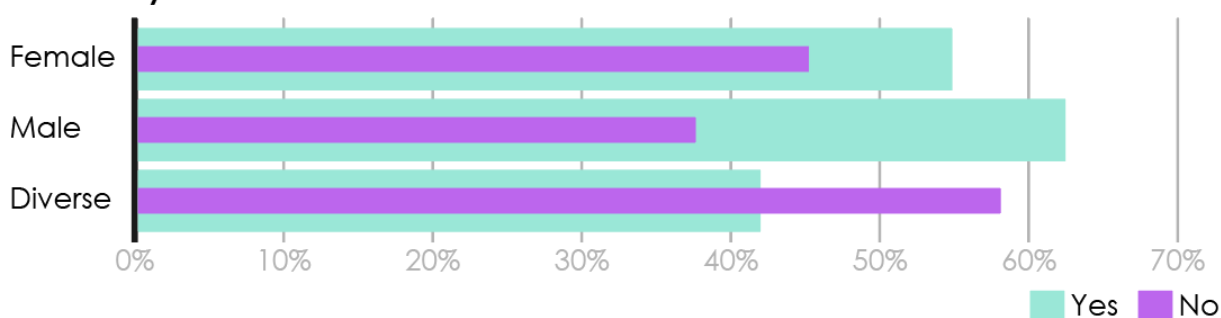
Both, Primary pupils, and Secondary students, agreed that they do get enough sleep, with 68.8% of Primary and 57.3% of Secondary voting Yes to the question “Do you get enough sleep?”.

Gender

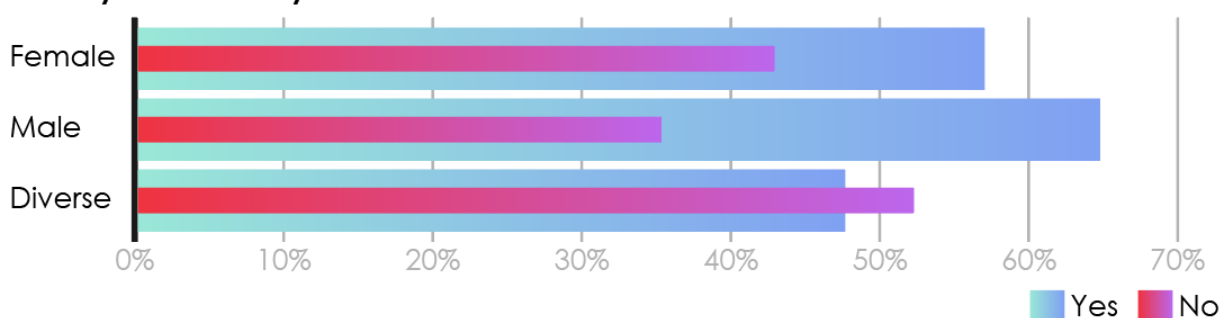
Primary



Secondary



Primary & Secondary Combined





Primary:

	Yes %	No %
Female	66.04%	33.96%
Male	73.13%	26.88%
Diverse	63.41%	36.59%

Both in Primary and Secondary, **more male voters said Yes**, they get enough sleep, compared to females.

Secondary:

	Yes %	No %
Female	54.81%	45.19%
Male	62.37%	37.63%
Diverse	41.96%	58.04%

In **Primary schools, 7.09% fewer females said Yes**, compared to males. In **Secondary schools this difference was similar**, with 7.56% fewer female voters saying Yes than male students.

Primary and Secondary Total:

	Yes %	No %
Female	57.06%	42.94%
Male	64.71%	35.29%
Diverse	47.71%	52.29%

Overall, most students voted Yes, they do get enough sleep. The only exception to this are Secondary **gender diverse students and students who wished to not disclose their gender, with only 42% voting Yes and a majority of 58% voting No**, they don't get enough sleep.

Even though there is a difference between female and male voters regarding their sleep, when we asked Secondary students at the end of January (31st Jan – 7th Feb 2020) **“Should we approach boys' and girls' mental health differently?”**, the majority of students voted, No (Fig.1 shows the results of this vote). In January 8.14% more female students voted No, compared to male students (Fig. 2).

Fig.1:

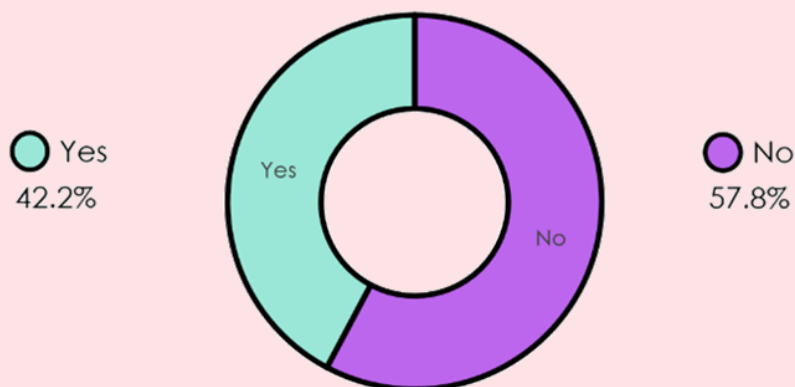
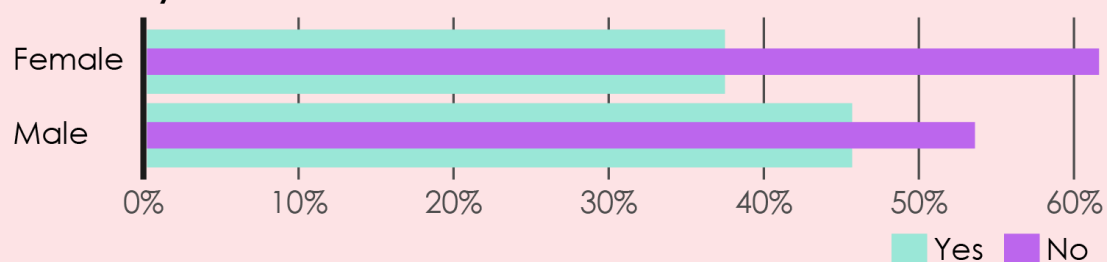


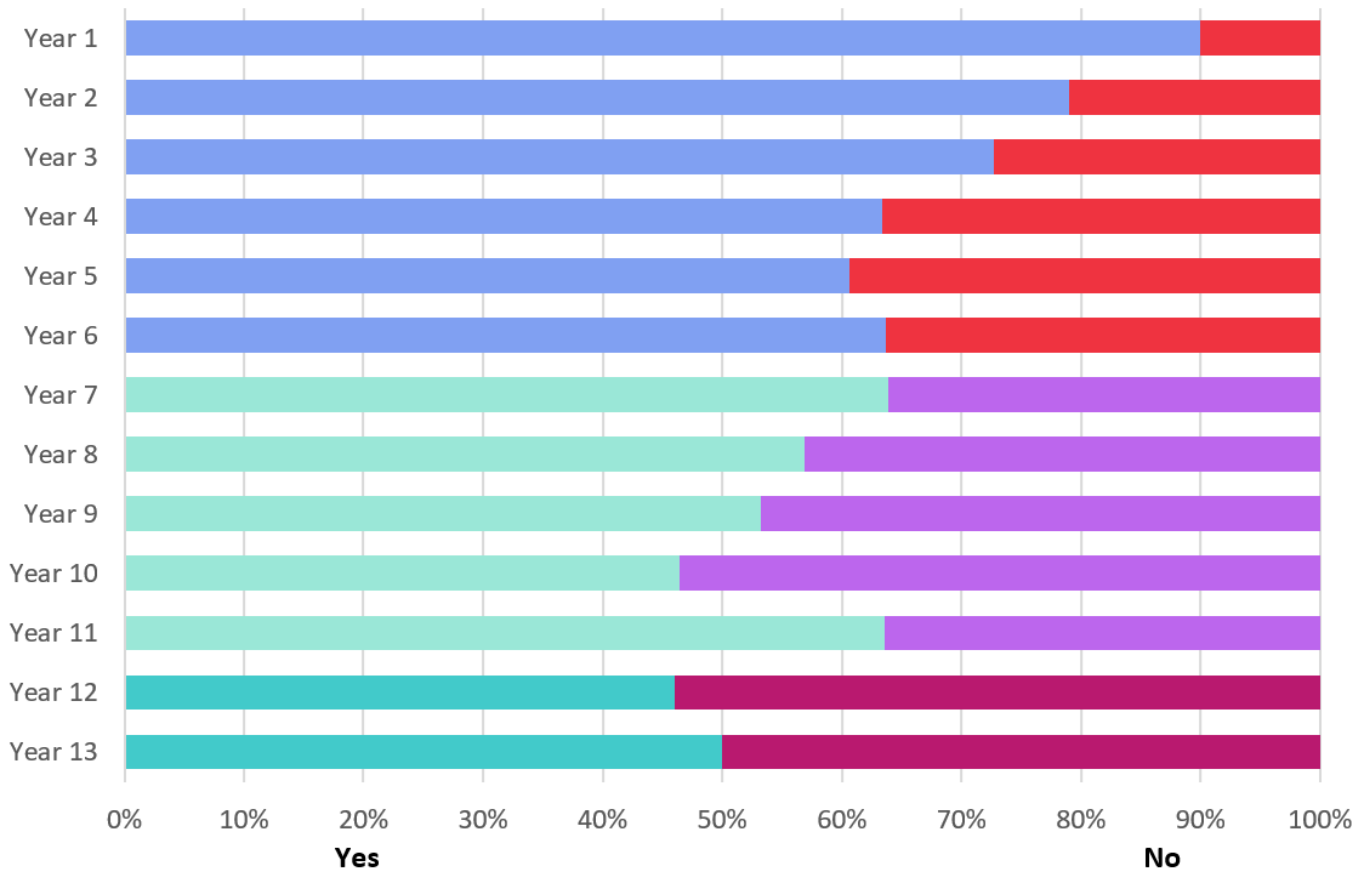
Fig.2: **Secondary**





Age

Year Group	Yes %	No %
1	89.92%	10.08%
2	79.05%	20.95%
3	72.70%	27.30%
4	63.37%	36.63%
5	60.60%	39.40%
6	63.71%	36.29%
7	63.84%	36.16%
8	56.93%	43.07%
9	53.23%	46.77%
10	46.45%	53.55%
11	63.60%	36.40%
12	46.00%	54.00%
13	50.00%	50%
Parent/Caregiver	50.00%	50.00%





Students' Comments:

"I get enough sleep. I know this because I **wake up happy** and **always have enough energy** to power me through the day."

Primary School, West Midlands

"I love sleep as it **makes me grow and be happy.**"

Primary School, London

"I think sleeping is very **good for our health** and it **helps us learn!**"

Primary School, Berkshire

"I have a **good routine** and ensure I **get to bed at a reasonable time** and wake up ready for the day."

Primary School, West Midlands

"If I do go to sleep late, in the morning I wake up late which does not help me go to sleep at night, so that's why I **try to go sleep early so I can wake up early in the morning.** I also try new stuff to help me go to sleep."

Primary School, Berkshire

"I have a **bedtime routine** that I stick to as I know **enough sleep puts me in a happy mood.**"

Secondary School,
South Yorkshire

"I have enough sleep because I **do a lot of activities at home**, so at night I would be tired and then I go to sleep."

Secondary School, North Yorkshire

"I spend a **couple of minutes reading**, so it **clears my mind** and then go to sleep."

Secondary School, North Yorkshire

"I find it is easier to get more sleep and feel well rested because I **work hard during the day.**"

Secondary School, Bristol

"I find it pretty easy to sleep. If something is keeping me awake at night, like problems I might be having, like maybe somebody is stressing me out, making my life more difficult and I just keep thinking about it whenever I'm about to sleep, I **just like to fill my head with positive thoughts.** I like to think that things will always get better because that's just how life is - if good things come, bad things will also come and **if bad things come, good things will follow.**"

Secondary School, West Midlands



"I keep on **lying awake in bed thinking about stuff** and can't go to sleep."

Primary School, Berkshire

"I **wake up in the middle of the night** and then I find it hard to fall back asleep."

Primary School, Berkshire

"**School is too early**, and I won't get enough sleep because **I have to wake up at 7am and that's hard.**"

Primary School, Berkshire

"It takes me time to start feeling sleepy, so **I get distracted by my devises.**"

Primary School, Surrey

"I often stay awake as **I find it hard to sleep**, also prayer times are near nine o'clock, past my average bedtime."

Primary School, Berkshire

"I don't get enough sleep because I have **got into a bad routine** that is hard to stop."

Secondary School,
Northamptonshire

"I think most people are unable to sleep due to **too many thoughts** about different things especially at these unprecedented times and **being anxious about grades, family** and what will be the outcome of this."

Secondary School, South Yorkshire

"No, because of TV shows. **I tend to stay up a bit too long** until about 10PM and then wake up at 7AM and I don't think that is enough sleep as **I am sometimes tired when I wake up in the morning.**"

Secondary School, South Yorkshire

"There are **too many distractions.**"

Secondary School, South Yorkshire

"**Since quarantine I've been different, and my sleeping pattern has changed** (I've heard the same from many other people too). I'm having **very late nights** and end up waking up fairly late compared to

Secondary School, South Yorkshire

"I think that **a lot of schoolwork keeps me up really late** and stresses me out as I don't have great organisation."

Secondary School, Surrey