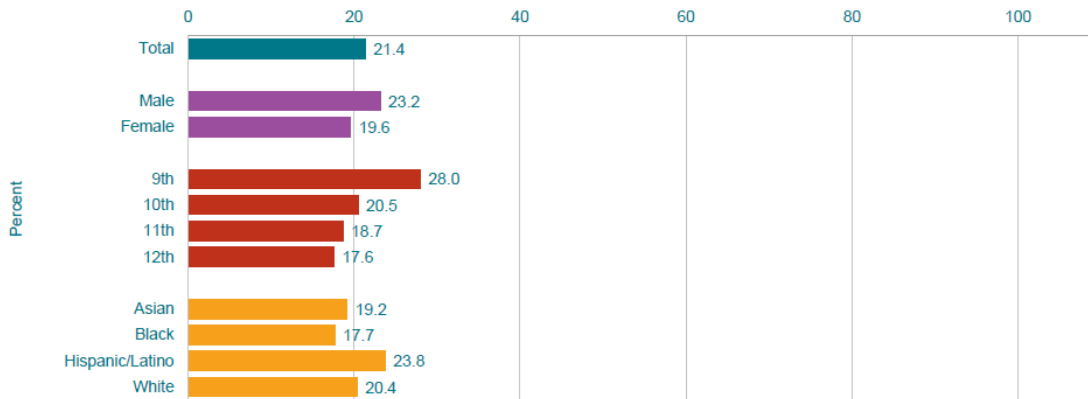


## Percentage of High School Students Who Got 8 or More Hours of Sleep,\* by Sex, Grade,† and Race/Ethnicity, 2021



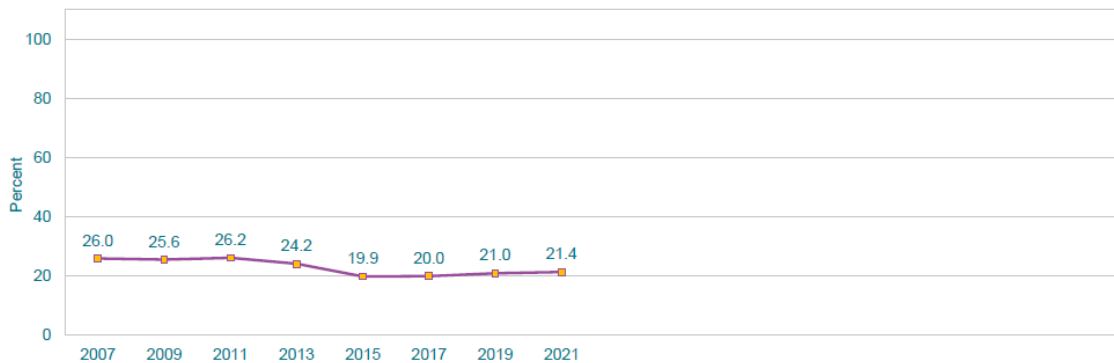
\*On an average school night  
 †9th > 10th, 9th > 11th, 9th > 12th (Based on t-test analysis,  $p < 0.05$ )  
 All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.  
 This graph contains weighted results.

Connecticut - YRBS, 2021 - QN86

[NOTES: 9<sup>th</sup> grade students were more likely to get sufficient sleep as compared to 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> graders. There were no other groups with statistically significant differences]

This graph is as broken down by the CDC. The majority of students do not get 8+ hours of sleep, which is why we recode this question into more meaningful categories, as seen below]

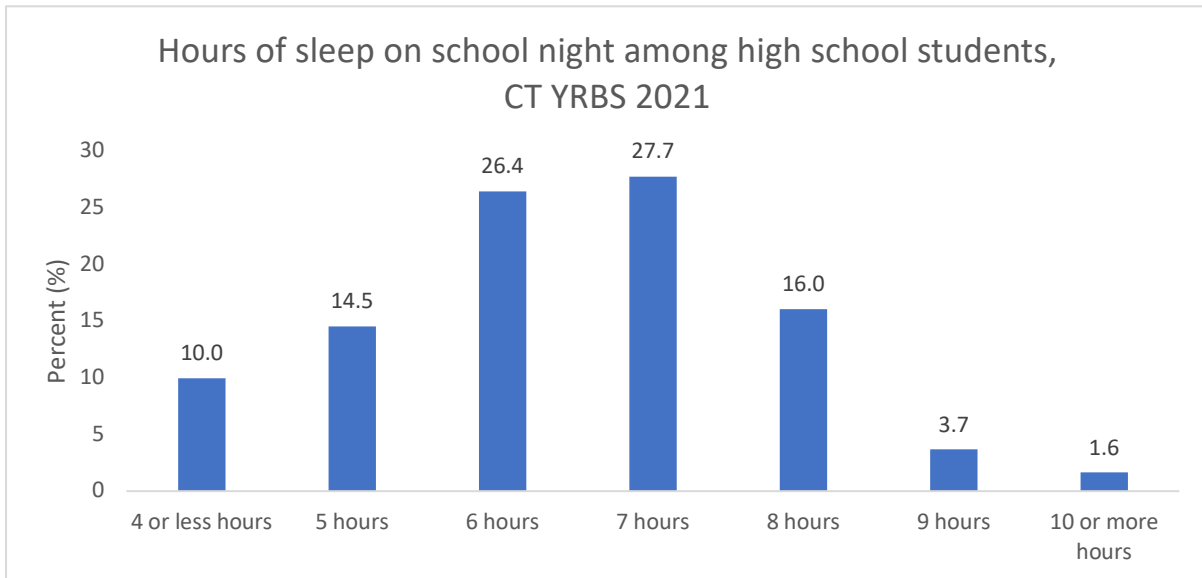
## Percentage of High School Students Who Got 8 or More Hours of Sleep,\* 2007-2021†



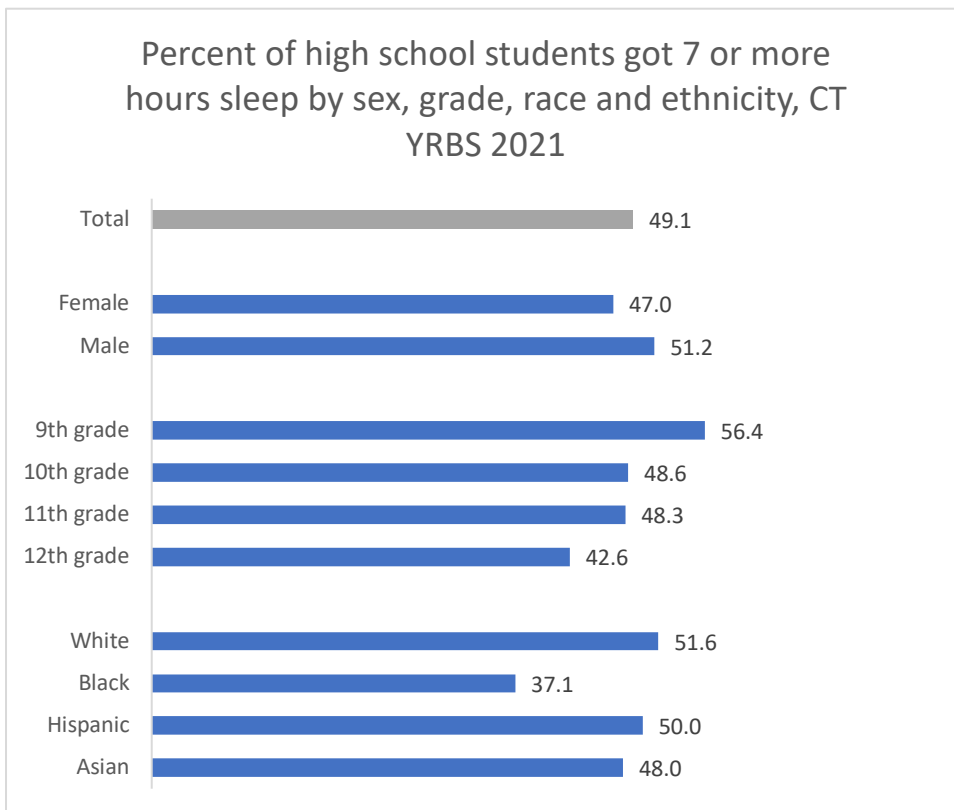
\*On an average school night  
 †Decreased 2007-2021 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ( $p < 0.05$ ). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]  
 This graph contains weighted results.

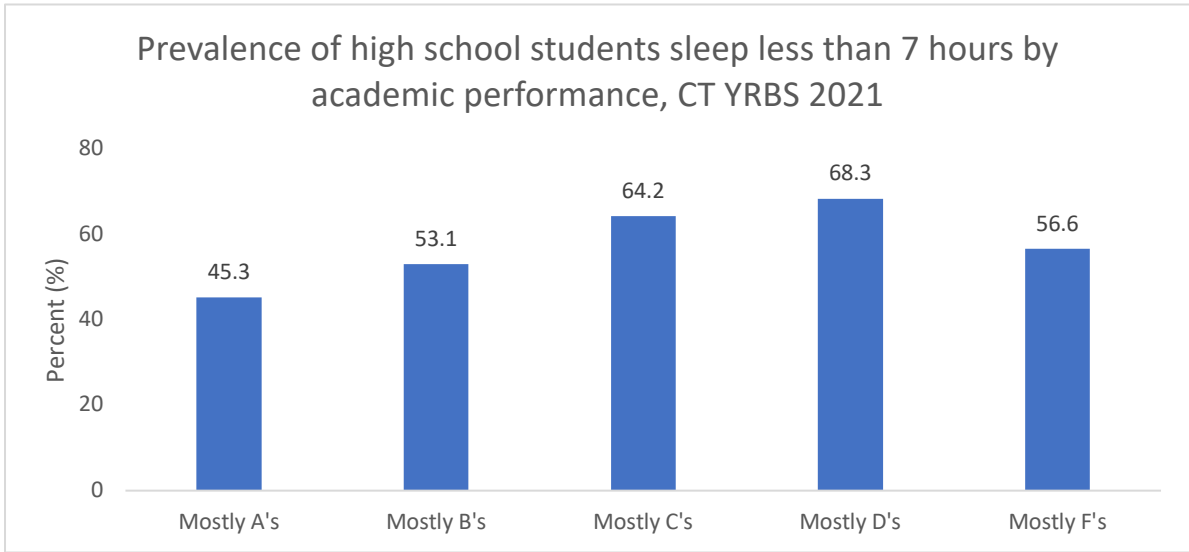
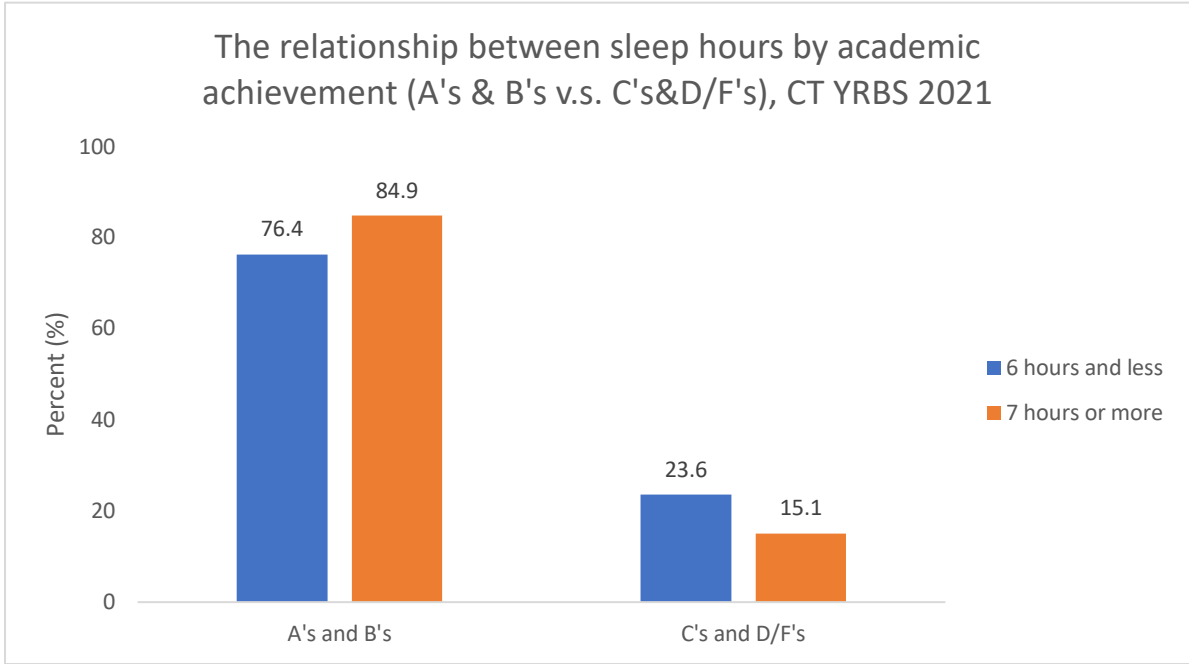
Connecticut - YRBS, 2007-2021 - QN86

[NOTES: Trend analysis shows that students in CT are reporting less sleep over the course of 2007 - 2021.]



[NOTES: Students indicate the number of hours of sleep on a typical school night. Then, this question can be recoded into 2 categories. CDC uses 8 hours or more compared to less than 8 hours. Below, you'll see the question recoded by CT DPH as 7 hours or more compared to less than 7 hours of sleep.]





[NOTES: Students with higher grades tend to get more sleep than those with lower grades]