

# At a Glance: Sleep and Mental Health

This 'At A Glance' explores the relationship between sleep and mental health. According to the 2020 MACHB, the average student gets 6.71 hours of sleep on school nights.

## Recommendations

Though sleep requirements vary from person to person, Centers for Disease Control and Prevention recommends that adults aged 18 and older get at least 7 hours of sleep every night.<sup>1</sup> Statewide, 40% of students get fewer than 7 hours of sleep on school nights.

60%  
get more  
than 7 hours  
of sleep

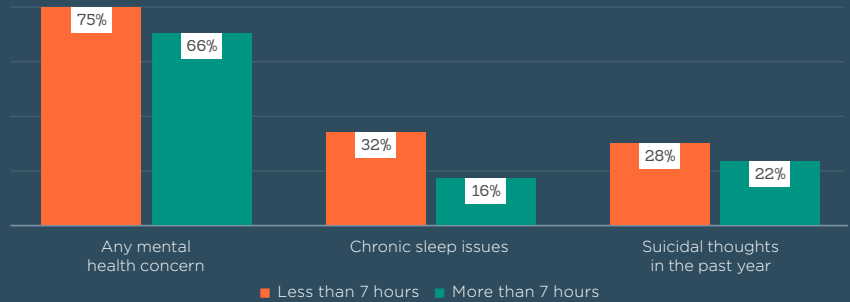


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## Mental Health

Students who get fewer than 7 hours of sleep on school nights reported higher rates of mental health concerns, including chronic sleep issues, and suicidal ideation.



## Average Hours of Sleep

On average, students with higher levels of stress, students with mental health concerns, and students who have considered suicide in the past year get less sleep on school nights.



1. Centers for Disease Control and Prevention (2017). How much sleep do I need? Available at: [https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)