

Teen Sleep Working Group

Mission

The purpose of the Teen Sleep Working Group is to explore the issue of teen sleep through the lense of national and local research and data. In addition, the group will examine the role the district can or should play in increasing the opportunity for sleep for Natick teens, similar to the work it does on other teen health issues. The working group will also serve to educate the Natick community on health data on sleep and the role it plays in physical and mental health.

Rationale

The Metrowest Health Survey data shows that the majority of Natick teens do not get the recommended amount of sleep. We know that national medical and health organizations recognize teen sleep deprivation is a significant health issue that has detrimental effects on both physical and mental health. While the Natick school district has undertaken targeted efforts to improve health in a variety of areas, little has been done to improve the quantity and quality of sleep in Natick teens. Because sleep is such an important health issue, the district should determine the role it can play in improving sleep for Natick students.

Scope

The scope of the working group is as follows:

- Review national research on sleep
- Review and analyze sleep data from the Natick Metrowest Health Survey
- Identify national and local initiatives that seek to improve the quantity and quality of sleep for teens
- Provide educational opportunities on the broad issue of sleep through community events and information sessions
- Determine if additional data is necessary to determine why teens in Natick do not get enough sleep. If additional data is necessary, design surveys that seek to answer outstanding questions.
- Identify strategies the district is already using to help students improve the quality and quantity of sleep. Determine if these strategies are having the intended impact.

Timeline

October - December

Gather national research on sleep

Review Metrowest Health Survey Data and mine for additional data, if necessary

Identify national and local initiatives on sleep

Identify actions taken or existing programs/policies in Natick that seek to improve sleep for teens

January - February

Provide educational opportunities for community (speakers, information nights, etc.)

Determine if additional data collection is necessary

If additional data is necessary, determine audience and develop survey

March - April

Synthesize national data and local data

If applicable, review and analyze additional data collected from Natick community

Develop report to School Committee on findings

Report should include recommendations for next steps