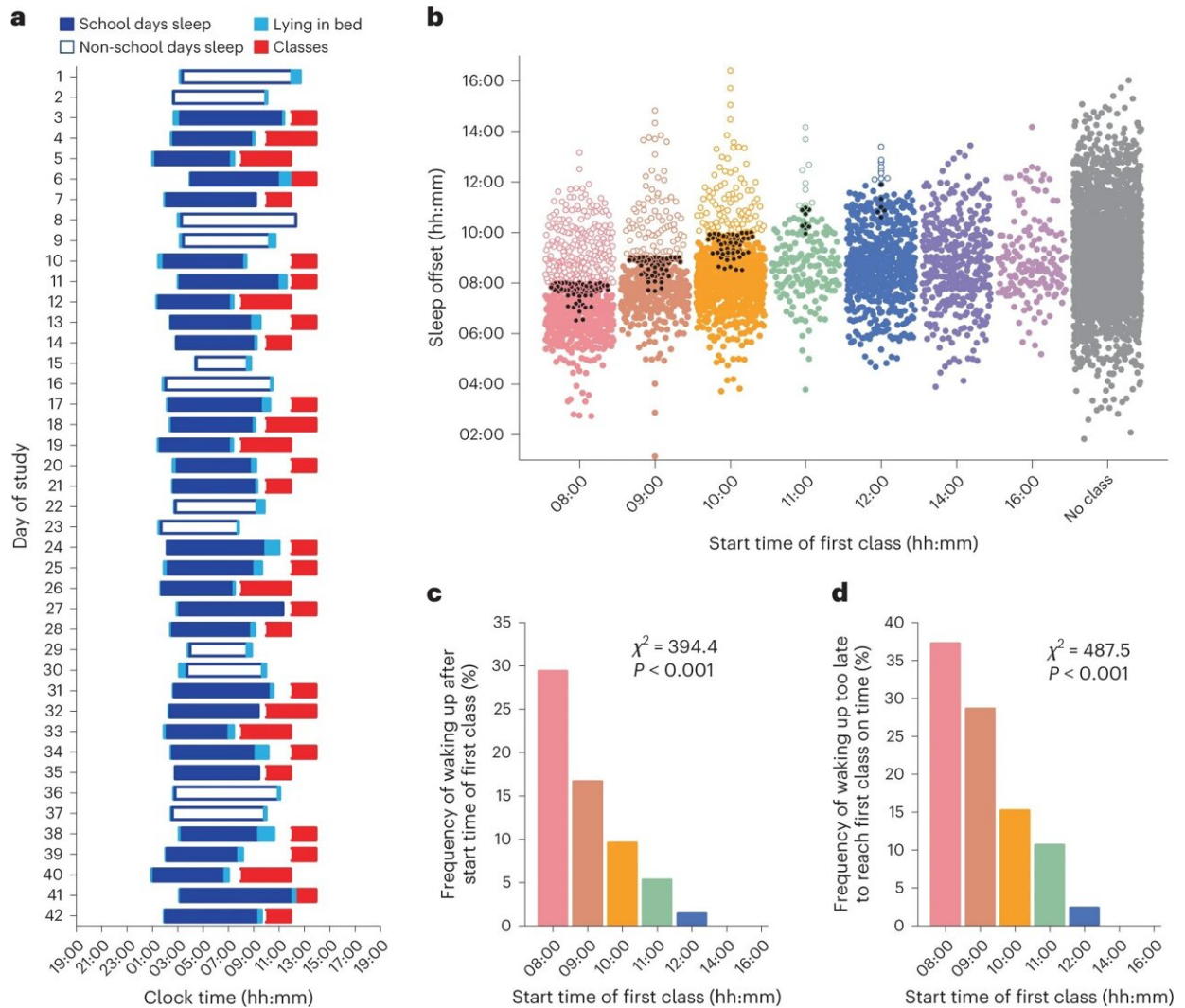


Early rise times found to lead to lower grades, poorer attendance

February 22 2023, by Justin Jackson



Students frequently slept past the start of morning classes. **a**, Sleep periods and scheduled classes are shown in a representative student who took part in a 6-week actigraphy study. **b**, Sleep offsets from 174 students are sorted by their

first class of the day. Each circle corresponds to an individually determined sleep offset value. Open circles show instances when students woke up after the start of their class. Black circles show instances when students did not wake up early enough to reach class on time when their self-reported travel time was taken into account. **c,d**, The frequencies of (**c**) waking up after the start of class and (**d**) waking up too late to reach class on time were associated with class start times (two-sided chi-squared test: $\chi^2(6) = 394.4$, P

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