

**46. On an average school night, how many hours of sleep do you get?**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14236	100.0	6822	100.0	6691	100.0	723	100.0
4 or less hours	781	5.7	361	5.6	296	4.6	124	16.0
5 hours	1062	7.2	534	7.5	426	6.0	102	13.8
6 hours	1977	13.9	1069	15.5	792	11.9	116	16.1
7 hours	3478	24.8	1764	26.0	1558	24.0	156	21.0
8 hours	4228	29.9	2008	29.6	2082	31.2	138	21.0
9 hours	1985	13.8	797	11.6	1129	16.7	59	8.0
10 or more hours	725	4.8	289	4.2	408	5.5	28	4.1

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.