

1 Children's Basic Daily Schedule

(1) Wake-up and sleeping times of preschool children



Following the outbreak of COVID-19, sleeping hours of children not attending preschool slightly increased

We asked the participants about the wake-up and sleeping time of children at the time of this survey (May 2020) and before the outbreak of the COVID-19 pandemic (January 2020). There is no change in wake-up and sleeping times for 1-2-year-old children, while there are differences among 3-5-year-old children, depending on their attendance status. Both wake-up time and sleeping time for children who do not attend preschool (due to closure of the facility or upon request to refrain from attendance) are more likely to be delayed following the outbreak of the COVID-19 pandemic.

After calculating the average sleeping hours based on the wake-up and sleeping times of children, it is revealed that the sleeping hours of children who do not attend preschool are 7-8 minutes longer since the outbreak of the COVID-19 pandemic.

Q: Please tell us about your child's wake-up time and sleeping time at present (at the time of this survey) and at the time of January 2020 (weekdays).

Figure 1-1-1: Wake-up/sleeping times as of May 2020 by age category (1-2 years old/3-5 years old)

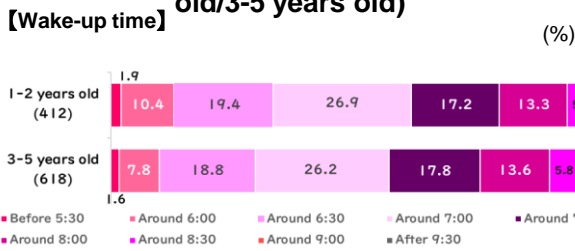
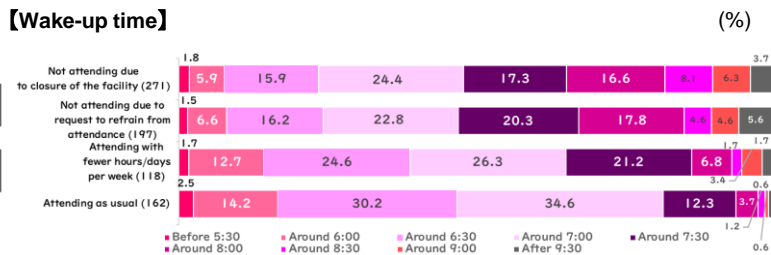
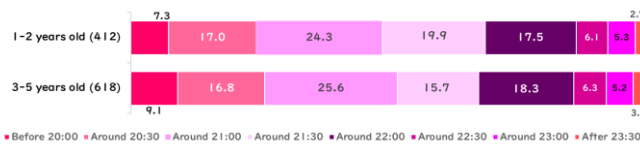


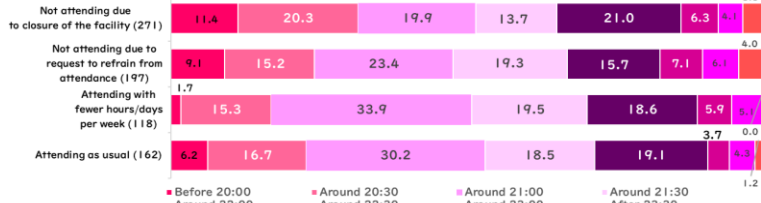
Figure 1-1-2: Wake-up/sleeping times as of May 2020 by attendance status



(Sleeping time)



(Sleeping time)



* The data of "23:30 or later" is a total of "around 23:30," "around 24:00," and "24:30 or later."

* The data of "23:30 or later" is a total of "around 23:30," "around 24:00," and "24:30 or later."

Table 1-1-1: Average wake-up/sleeping times on weekdays as of January 2020 and May 2020 by age category (1-2 years old/3-5 years old) and attendance status

	Late May 2020 (at the time of this survey) [1]			January 2020 [2]			Difference of sleeping hours [1]-[2]
	Average sleeping time	Average wake-up time	Average sleeping hours	Average sleeping time	Average wake-up time	Average sleeping hours	
1-2 years old (412)	21:23	7:11	9hr 48min	21:23	7:13	9h 50min	-2min
3-5 years old (618)	21:22	7:18	9hr 56min	21:13	7:04	9h 51min	+5min
Not attending due to the facility's closure (271)	21:20	7:26	10hr 06min	21:07	7:06	9h 59min	+7min
Not attending upon request to refrain from attendance (197)	21:26	7:25	9hr 59min	21:13	7:04	9h 51min	+8min
Attending with fewer hours/days per week (118)	21:23	7:02	9h 39min	21:20	7:02	9h 42min	-3min
Attending as usual (162)	21:19	6:49	9h 30min	21:21	6:52	9h 31min	-1min

* The average sleeping time is calculated by replacing the data of "Before 20:00" and "Around 20:30" with the data of "19:30" and "20:30," respectively. Likewise, the average wake-up time is calculated by replacing the data of "Before 5:30" and "Around 6:00" with the data of "5:00" and "6:00," respectively. Accordingly, the average sleeping hours are calculated based on the average sleeping time and the average wake-up time.

1 Children's Basic Daily Schedule

(2) Wake-up and sleeping times of Elementary school children



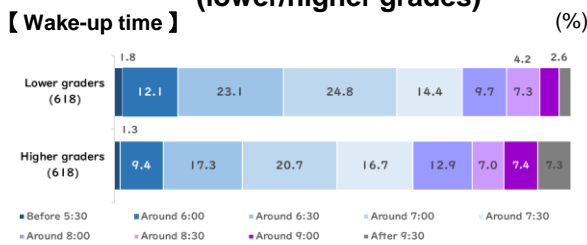
Following the outbreak of COVID-19, sleeping hours of children not attending elementary school increased

We asked the participants about the wake-up and sleeping times of children at the time of this survey (May 2020) and before the outbreak of the COVID-19 pandemic (January 2020). There are differences among children depending on their status of attending school (i.e., normal attendance, staggered attendance, and non-attendance). Both wake-up time and sleeping time for children attending school less frequently are more likely to be delayed following the outbreak of the COVID-19 pandemic.

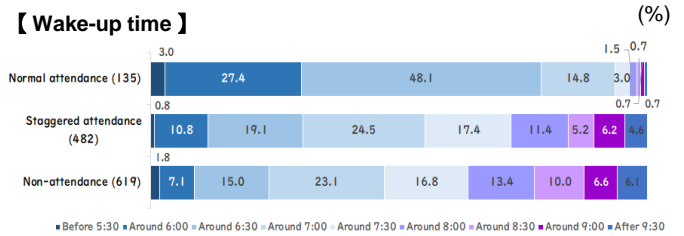
After calculating the average sleeping hours based on the wake-up and sleeping times of children, it is revealed that the sleeping hours of children who do not attend school are 21 minutes longer and the sleeping hours of higher graders are 22 minutes longer following the outbreak of the COVID-19 pandemic.

Q: Please tell us about your child's wake-up time and sleeping time at present (at the time of this survey) and at the time of January 2020 (weekdays).

■ Figure 1-2-1: Wake-up/sleeping times as of May 2020 by grade category (lower/higher grades)



■ Figure 1-2-2: Wake-up/sleeping times as of May 2020 by attendance status



■ Table 1-2-1: Average wake-up/sleeping times on weekdays as of January 2020 and May 2020 by grade category (lower/higher grades) and attendance status

	Late May 2020 (at the time of this survey) [1]			January 2020 [2]			Difference in sleeping time [1]-[2]
	Average sleeping time	Average wake-up time	Average sleeping hours	Average sleeping time	Average wake-up time	Average sleeping hours	
Lower graders (618)	21:32	7:10	9hr 38min	21:16	6:44	9hr 28min	+10min
Higher graders (618)	22:11	7:27	9hr 16min	21:47	6:41	8hr 54min	+22min
Normal attendance (135)	21:34	6:31	8h 57min	21:31	6:37	9hr 6min	-9min
Staggered attendance (482)	21:52	7:18	9hr 26min	21:30	6:42	9hr 12min	+14min
School closure (619)	21:55	7:29	9hr 34min	21:32	6:45	9hr 13min	+21min

* The average sleeping time is calculated by replacing the data of "Before 20:00" and "Around 20:30" with the data of "19:30" and "20:30," respectively. Likewise, the average wake-up time is calculated by replacing the data of "Before 5:30" and "Around 6:00" with the data of "5:00" and "6:00," respectively. Accordingly, the average sleeping hours are calculated based on the average sleeping time and the average wake-up time.