

# ACADEMICS

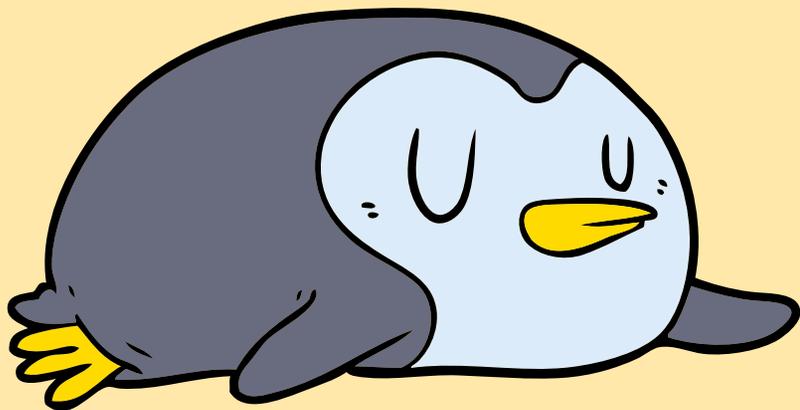
# &

# SLEEP



In 2018, 61.8% of Carls reported they got adequate sleep three or fewer days a week.

For Carls who got enough sleep 0-1 days per week, only 37.9% were able to manage their stress.



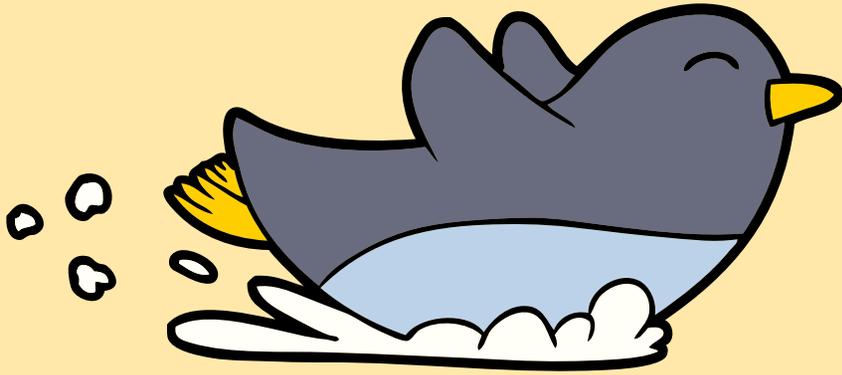
For Carls who got enough sleep 4-5 days per week, 69.4% were able to manage their stress.

# How does sleep affect academics?

Chronic sleep deprivation is associated with a lower GPA

Chronic sleep deficits predict lower concentration





Minutes asleep  
positively correlated  
with memory capacity in  
undergraduates

Consistent, adequate sleep  
has long-lasting benefits  
including improved  
attention span, alertness  
and reduced sleep pressure

Sleep pressure:  
unconscious  
biological response  
that makes us feel  
sleepy

# Staying up late to study?

## Caffeine

You may be drinking coffee to stay awake and study, but caffeine consumption even 6 hours before bed can disrupt sleep.

Tip: Avoid drinking coffee in the late afternoon and evening.

## Blue light

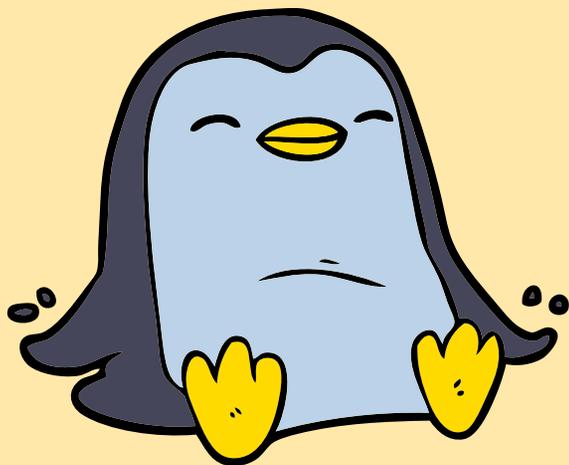
The blue light from bright LED lights and your computer screen can interfere with your circadian rhythm and the secretion of melatonin in your body.

Tip: Get a blue light filter for your screen, and try to print off readings to reduce screen time. Use dim lights at night, and red lights if you can.



# How much sleep do I need?

The CDC recommends 7 or more hours of sleep per night for adults

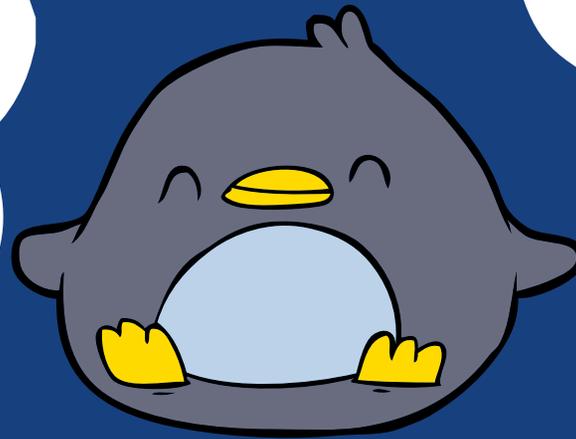


"Optimal sleep" is the amount of sleep you need to feel your best in terms of your mental health, physical health and cognitive function

Optimal sleep is different for each person!

# Prioritizing academics *and* sleep is possible!

Determine what times you are best able to focus on your work - it might be at 9am rather than midnight!

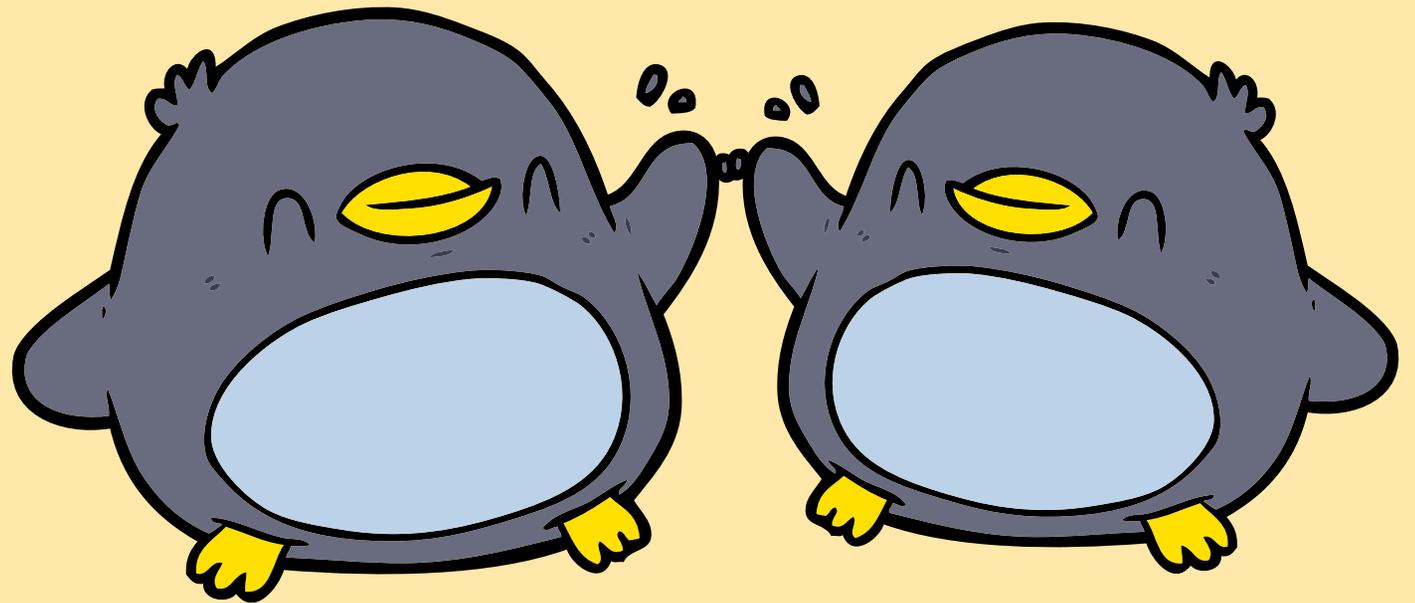


Keep a consistent sleep schedule and discuss sleep schedules with your roommate(s)

Don't schedule meetings or study sessions late at night

Find out how much sleep you need to feel rested and alert and set achievable goals for yourself!

Studying and good  
sleep go hand in  
hand!



# Sources

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# Title or title page (Resource 1)

Resource 2

Resource 5

Resource 10

Resource 3

Resource 6

Resource 8

Resource 4

Resource 7

Resource 9

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# ACADEMICS & SLEEP




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Sleep pressure: unconscious biological response that makes you feel sleepy



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