

Sleep and Studying

FACTS

According to Campus Mind Works,

Students who do not sleep enough have lower GPAs because their concentration, memory, and ability to learn are affected by sleep deprivation.

Sleep helps reduce stress and maintaining a healthy diet.

Mood, energy, ability to learn, memory, good judgment, reaction time, and efficiency are all affected by sleep deprivation.

OPINIONS

College students have so much to do, so it's ok and normal to not get enough sleep.

Students do better on tests and assignments when they cram all night before the test.

Even though sleep is important, it does not affect your daily life or ability to learn.