Sleep is essential for survival and daily functioning.

11% of college students sleep well consistently.

40% of college students feel well rested no more than 2 days a week.

Students who pull all nighters are more likely to have a lower GPA.

Symptoms of sleep deprivation:

- Not feeling alert or refreshed when you wake up
- Slowed thinking
- Falling asleep while watching TV or reading
- Mood changes
- Feeling tired during the day
- Memory problems