

# 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