

Turn Those Zzz's into A's!



Research shows that students who get 8 or more hours of sleep every night have a higher GPA than those who get 6 or less!

During sleep, the brain organizes, sorts, and stores what we have learned and experienced that day, making it easier to recall at a later time.

Sleep also helps you weed out irrelevant information and helps you make connections between your memory and information you learned, even if you have not made those connections while awake.