SLEEP FACTS

**HEALTH**
- Sleep increases alertness, reduces stress, bolsters memory formation, and promotes overall health.

**GRADES**
- 23.5% of Undergrads report that sleep difficulties resulted in a lower grade on a test/project.

**GPA**
- Students who pull all-nighters tend to have a lower GPA than students who make time for sleep.

**Consistency**
Establish a schedule. Go to bed early and get up at regular times every day, even on weekends.

**Preparation**
Do something relaxing before bedtime. Take a hot shower, listen to relaxing music, or do some relaxation exercises.

**Exercise**
Regular physical exercise improves sleep, but not within a few hours before going to bed.

**Caffeine**
Avoid stimulants, other drugs, and alcohol. Temporary alertness does NOT equal improved health, safety, learning, mood, or productivity.

**Duration**
23.5% of Undergrads report that sleep difficulties resulted in a lower grade on a test/project.

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