

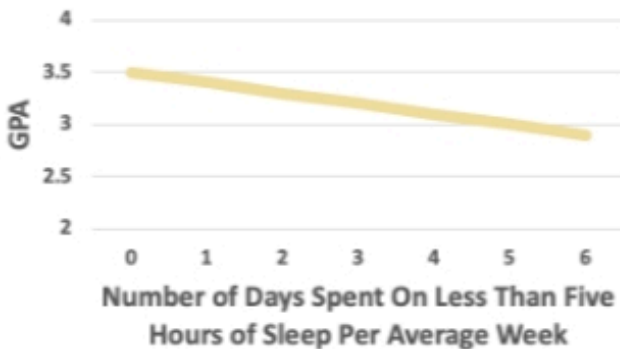
ATTENTION STUDENTS, GO TO BED!

Eli Turner

<https://tinyurl.com/nsn7khxk>



GPA and Sleep Deprivation

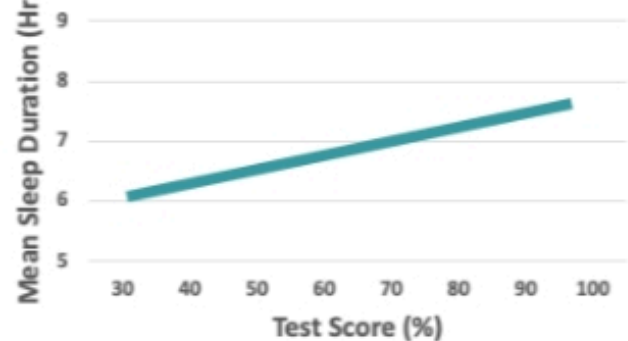


Less sleep is correlated to a lower GPA for students.

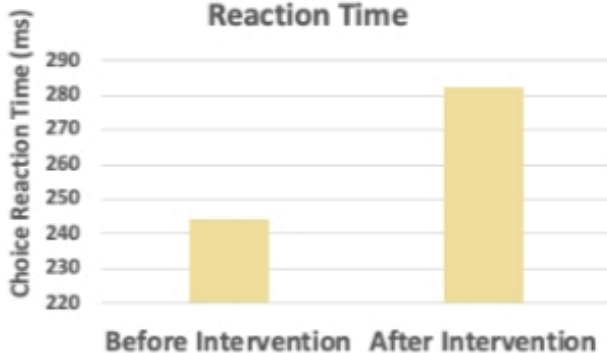


Students who sleep more perform better in class.

Sleep Duration and Test Scores



Effects of Sleep Deprivation on Reaction Time



People who sleep less have slower reaction times.

References

- <https://tinyurl.com/GPAvZZZ>
- <https://tinyurl.com/ZZZvScore>
- <https://tinyurl.com/ReactionvZZZ>