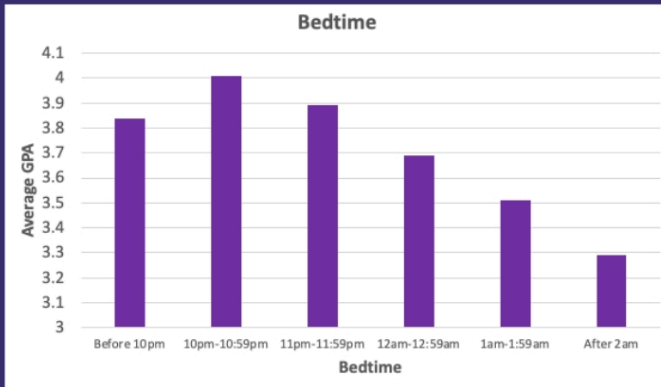


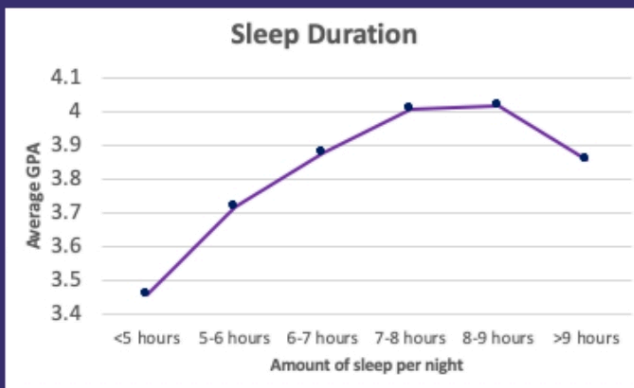


Improving your *GRADES* with **BETTER SLEEP**

Louis Colosimo | tinyurl.com/k2sftm8



Getting to bed at an earlier hour leads to a higher GPA - the sweet spot is between 10:00pm and 11:00pm!



Getting more hours of sleep leads to a higher GPA - the sweet spot to aim for is between 7-9 hours!



The quality of your sleep matters too - Students who report having very good sleep quality have much higher GPAs!

References:

<https://tinyurl.com/d8e4mk43>

<https://tinyurl.com/2rmj5k4y>