

# Academic Impacts of Sleep Deprivation

Getting enough sleep is vital to academic success

Lower  
GPA

Skipped  
Classes

Decrease  
d Memory

Reduced Critical  
Thinking

Vulnerable  
to Illness

Increased  
Stress



*Aim for 7-9 hours of quality  
sleep every night.*

Decreased  
Concentration

Incomplete  
Assignments

**MAKE SLEEP A  
PRIORITY**

TAKE STUDY BREAKS  
& SHORT NAPS!

DON'T PULL  
AN ALL-NIGHTER!

Lack of sleep can lead to poor academic performance, as well as mental health and behavioral issues.

A Harvard study discovered that the brain continues to learn after you fall asleep. This is when it consolidates information and works through processes or steps you have learned the day before.