

Sleep and learning

If you're not getting the right amount of quality sleep, you aren't reaching your full academic potential.

Problematic sleep can reduce:

- Attention
- Impulse control
- Your ability to clearly process thoughts

Studying all night?

Try not to pull all-nighters, but if you must, try:



Sleep banking:

Plan to sleep longer (9 – 10 hours) the nights before and after.

Strategic napping:

Break up your all-nighter with short naps



The three phases of learning

Acquisition:

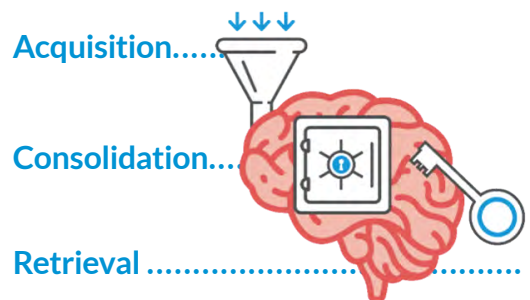
- ✓ Good sleep helps you pick up new information or skills.
- ✗ Poor sleep decreases your attention.

Consolidation:

- ✓ Good sleep helps you make new information a concrete part of your memory.
- ✗ Poor sleep impairs memory.

Retrieval:

- ✓ Good sleep helps you recall what you've learned.
- ✗ Poor sleep makes recall harder.



Scan the QR code to learn more.