

SLEEP FACTS: 101

DID YOU KNOW?

- The majority of adults require 7-9 hours of sleep per night
- 60% of college students don't get enough sleep
- Not getting enough sleep can make you more likely to catch a cold, gain weight, and have higher risk for disease
- The effect of sleep deprivation on students' academic performance is roughly equivalent to the effect of binge drinking and substance use on performance.
- Among 1st yr. students, poor sleep predicts dropping or withdrawing from a course