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.