



Sleepy Students

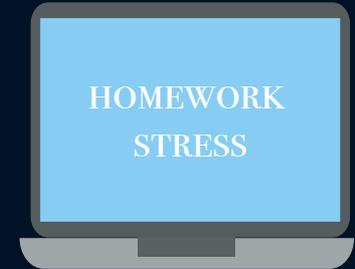
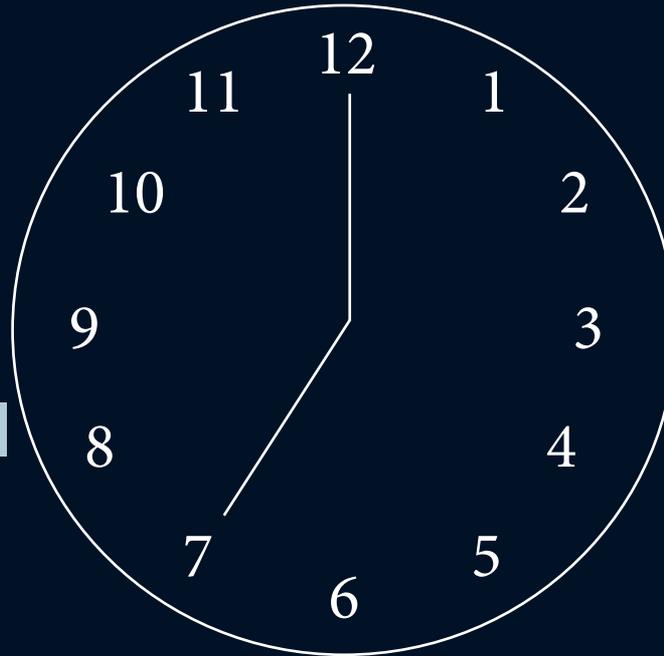


ARE WE SLEEPING ENOUGH?

Per the CDC, adults ages 18 - 60 should receive 7 hours of sleep each night. Lets take a look at how sleep effects students.

“I try to get 8-9 hours of sleep but still find it hard to get up for classes in the morning.”
- Macy W, Sophmore, Business Major.

“I am in the ROTC here at KU, along with long class days but I get around 6 hours and 30 minutes of sleep throughout the week.”
- Avery M, Sophmore, Political Science Major



THE BENEFITS OF SLEEP

- Reduce stress
- Healthy weight
- Improve heart health
- Improve attention and memory

SOCIAL WEEKENDS