

# SLEEP YOUR WAY TO THE TOP!

**Research shows that students who get 8 or more hours of sleep every night have a higher GPA than those who get 6 or less!**

**During sleep, the brain organizes, sorts, and stores what we have learned and experienced that day, making it easier to recall at a later time.**

**Sleep also helps you weed out irrelevant information and helps you make connections between your memory and information you learned, even if you have not made those connections while awake.**

