Dreaming of a 4.0?

Make it happen . . . with sleep!

During sleep, the brain actively works to strengthen memory circuits. It also helps to prioritize, re-organize, and consolidate the information, actions, and skills you learned that day. This means you will have:

- improved recall of information
- increased ability to concentrate
- better performance of new skills

Regular quality sleep is vital to achieving your peak performance.

Enjoy 8-9 hours every night

For more information about sleep, visit www.gannett.cornell.edu.

Cornell University
Gannett Health Services