

1 Recharge your brain ☾ Get to work or class on time **3** Rev up your energy ☾ Cope with stress better **5** Get more done, faster ● Won't feel drained **7** Contribute more at work or in class ☾ Won't nod off over lunch **9** More likely to try new things ☾ Better memory for tests **11** Better mood ● Easier to think clearly **13** Retain more information ☾ Increase creativity **15** Can work out longer ● Brain cells regenerate **17** Won't need a daytime nap ☾ Do better on assignments **19** Won't oversleep and miss your morning ride ● Easier to exercise **21** Drive more safely ☾ People will stop bugging you to sleep more **23** Easier to be positive ☾ Look rested **25** Less likely to get sick ● Get through finals **27** Nicer to family ☾ Have more fun **29** Body heals quicker when hurt ☾ More time to hang out **31** Feel healthier ● Have more dreams **33** Laugh more ☾ Be calmer **35** More ready to learn ☾ Understand things better **37** Easier to pay attention ☾ Better grades **39** Won't need caffeine to stay awake ● Fewer mistakes **41** Less apt to procrastinate ☾ Be a better friend **43** Get your beauty sleep ☾ Less road rage **45** Won't need to sleep away the weekend ● Beat your friend at basketball **47** Improve your sense of humor ☾ Won't miss your bus **49** Time to eat breakfast ☾ Will have more patience **51** Easier to have a nice day ● No dark circles under eyes **53** Easier to do math ☾ Lower blood pressure **55** See things with a fresh eye ☾ Fewer skateboard crashes **57** Look smarter ● React quicker **59** Make better decisions ☾ Your muscles get to rest **61** Easier to solve problems ☾ Easier to get up in the morning **63** Feel more upbeat ☾ More patient with little kids **65** Fix mistakes faster ● Life seems better **67** No puffy eyes ☾ Won't forget things **69** Easier to catch that fly ball ☾ Burn calories while doing nothing **71** Won't need junk food for extra energy ●

Can visit exotic places
in your dreams **73** Body
works better ☾ Dance
longer **75** Nicer to friends
and strangers ☾ Be alert
77 Fewer accidents ●
Better at video games **79**
More coordinated ☾ Read
more quickly **81** Stay
awake during movies ☾
Will be more likable **83**
Can multitask easier ●
Easier to spot oppor-
tunities **85** Avoid stupid
arguments ☾ Get some-
thing for nothing **87**
Healing hormones are
released during sleep ☾
Be more stable **89** Feel
more in control ● Study
longer **91** Easier to or-
ganize your life ☾ Less

yawning **93** Be more
dependable ☾ Smile more
95 Easier to communicate
● Better at sports **97**
Prevent exhaustion ☾
Less anxiety **99** Better
judgment ☾ Less depres-
sion **101** Lets you escape
from reality

Students at Illinois State University and Washburn University (Kansas) were asked to list the benefits of getting enough sleep. This pamphlet is the result of their responses.

© 2005 ETR Associates. All rights reserved. It is a violation of U.S. copyright law to reproduce any portion of this publication.

ETR
Associates

1-800-321-4407
www.etr.org

A nonprofit organization

Title No. 398

101 REASONS TO Get Enough Sleep

Ideas about why to
get enough sleep.