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  
Body works better  
Dance longer  
Nicer to friends and strangers  
Be alert  
Fewer accidents  
Better at video games  
More coordinated  
Read more quickly  
Stay awake during movies  
Will be more likable  
Can multitask easier  
Easier to spot opportunities  
Avoid stupid arguments  
Get something for nothing  
Healing hormones are released during sleep  
Be more stable  
Feel more in control  
Study longer  
Easier to organize your life  
Less yawning  
Be more dependable  
Smile more  
Easier to communicate  
Better at sports  
Prevent exhaustion  
Less anxiety  
Better judgment  
Less depression  
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.

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