Sleep, Sleep, Sleep!

No amount of sugar or caffeine will help you to avoid the inevitable!

When you are Sleepy:
- Your mood worsens
- Your memory weakens
- Your focus scatters
- Your decision-making is harmed
- It prevents you from thinking flexibly
- Makes you more susceptible to anxiety
- Everything feels harder and takes longer

During Exams week, make sure you prioritize sleep and avoid all-nighters! Getting sleep will help you stay focused and alert during the exam.

GET SOME SLEEP!

Carnegie Mellon University Qatar
Office of Personal Development & Counseling Services