From ZZZ's to A's: How Sleep Cycle Affects How You Study

Circadian Rhythm is the human body's 24-hour cycle

The hypothalamus controls the Circadian Rhythm with the Period (Per) and Cryptochrome (Cyr) genes

Individuals are either Morning-Types or Evening-Types...

...with individuals falling between the two levels

Morning-Types

Have higher melatonin levels earlier in the day, making these individuals rise earlier and fall asleep earlier

Can cope with early start school schedules and have more academic success

Evening-Types

Have higher melatonin levels later in the day, making these individuals rise later and fall asleep later

Do not cope well with early start school schedules and have lower academic success

Tips for Success

Morning-types should work on challenging situations before noon, as their mind is more capable to solve problems

These individuals should take a nap if late night studying is necessary

Evening-types should work on challenging situations after noon, as their mind is more capable to solve problems

These individuals should write a to-do list every night to stay focused and on task

Based on an original article by Audrey Crippin in BJ Well Volume 2

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