

# From ZZZ's to A's

## How Sleep Cycle Affects How You Study

Circadian Rhythm is the human body's 24-hour cycle<sup>1</sup>



The hypothalamus controls the Circadian Rhythm with the Period (Per) and Cryptochrome (Cyr) genes<sup>2</sup>

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



...with individuals falling between the two levels<sup>1</sup>

### Morning-Types



Have higher melatonin levels earlier in the day, making these individuals rise earlier and fall asleep earlier<sup>3</sup>

Can cope with early start school schedules and have more academic success<sup>4</sup>

### Evening-Types



Have higher melatonin levels later in the day, making these individuals rise later and fall asleep later<sup>3</sup>

Do not cope well with early start school schedules and have lower academic success<sup>4</sup>



## Tips for Success



Morning-types should work on challenging situations before noon, as their mind is more capable to solve problems<sup>5</sup>



These individuals should take a nap if late night studying is necessary<sup>6</sup>



Evening-types should work on challenging situations after noon, as their mind is more capable to solve problems<sup>5</sup>



These individuals should write a to-do list every night to stay focused and on task<sup>6</sup>