

# *Sleep helps the brain turn study into performance*

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A graphic classroom-style PowerPoint demo

Maya Johnson • Health Psychology • Spring 2026



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**Focus • Memory • Judgment**

# ***The sleep-performance link works through three systems***

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## ***Focus***

attention in class



## ***Memory***

recall after practice



## ***Mood***

stress regulation

# *What changes when a student studies tired?*

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The same hour can produce very different learning depending on the brain state.



## ***Tired study and rested study create different outcomes***

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### ***Tired study***

- more rereading
- more mistakes
- weaker judgment



### ***Rested study***

- better focus
- cleaner recall
- stronger planning

## MEMORY CYCLE

***Practice starts learning; sleep helps stabilize it***

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# ***A realistic plan protects sleep before the deadline***

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1

## ***Set a stop time***

avoid the panic window

2

## ***Move review earlier***

repeat instead of cram

3

## ***Keep mornings stable***

reduce social jet lag

# *Sleep is part of the academic system*

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It supports the mental conditions students need to focus, remember, and make good choices.

Focus

Memory

Judgment

# Sources

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## Public health

**01 Centers for Disease Control and Prevention. (2024). Sleep and sleep disorders.**

## Public health

**02 National Heart, Lung, and Blood Institute. (2022). Sleep deprivation and deficiency.**

## Book

**03 Walker, M. P. (2017). Why we sleep. Scribner.**