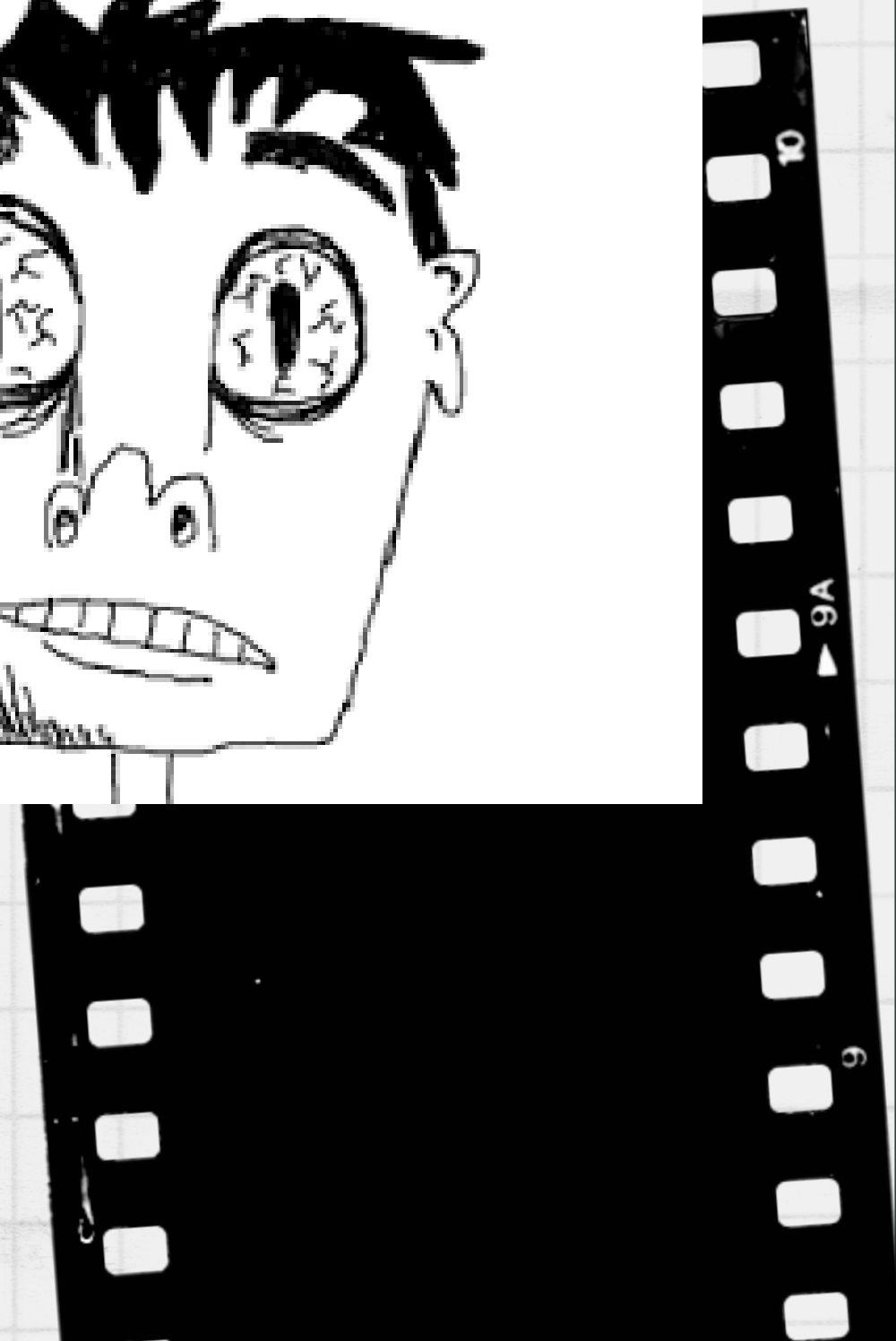


# GEN-Z AND SLEEP

SELEN VARDAR



 **Dcmwhisl**  
@078dcm

me: time to sleep/ anxiety: time to finish the paper due tomorrow

11:48pm · May 17, 2019 · [Twitter Web App](#)

96 Retweets

 **Lala05**  
@laura0509

do you ever want sleep but sleep doesn't want you





4:08am · January 19, 2014 · [Twitter Web App](#)

 **inlovewithfroggies**  
@emily01

a healthy sleep pattern? don't know her

8:03am · March 30, 2020 · [Twitter Web App](#)

4K Retweets 2.1K Quote Tweets 5.8K Likes

the best part about insomnia is it gives you more time to win every single argument you've ever had with someone in your head

1:09pm · September 1, 2013 · [Twitter Web App](#)

 **memeadam**  
@memes4life

me trying to sleep / the memory of that embarrassing thing I did back in 2013

1:19am · February 9, 2019 · [Twitter Web App](#)

3.1K Retweets 2K Quote Tweets 5K Likes

 **Midlifecrisis**  
@midlifecrisis

me: I'm going to bed early tonight / me @ 3am: /:

2:06pm · April 8, 2018 · [Twitter Web App](#)





6.9K Retweets 2.9K Quote Tweets 9.8K Likes

 **roadworkahead**  
@vineislife

when you're sleeping and your alarm didn't ring yet but the amount of sleep you're getting is suspicious

7:57pm · August 12, 2020 · [Twitter Web App](#)

8.1K Retweets 7.4K Quote Tweets 14K Likes

 **Mustang13**  
@lala1113

Me: Why can't I sleep? CUP OF COFFEE FROM 5PM: I have a list of everyone who might be mad at you.

2:55am · October 22, 2017 · [Twitter Web App](#)





70 Retweets 48 Quote Tweets 96 Likes

do you think insomnia is the punishment we get from begging to stay up during nap time in preschool

4:20am · December 11, 2015 · [Twitter Web App](#)

118 Retweets 98 Quote Tweets 255 Likes





   

 **Taebaised4ever**  
@isa0206

you call it insomnia, I call it no one bothering me while I watch kdramas

3:15am · May 22, 2016 · [Twitter Web App](#)

173 Retweets 200 Quote Tweets 255 Likes

**IT IS ALMOST LIKE A TREND FOR TEENAGERS NOWADAYS TO NOT GET ENOUGH SLEEP. WHY IS THIS? MOST IMPORTANTLY, WE NEED TO ESTABLISH THAT MOST STUDENTS IN HIGH SCHOOL DO NOT CARE ABOUT THEIR SLEEP CYCLES, AND INSTEAD MAKE UP FOR THAT SLEEP BY DRINKING CAFFEINE WHICH IS NOT HEALTHY.**

#saynotocaffeineyestosleep

caffeine



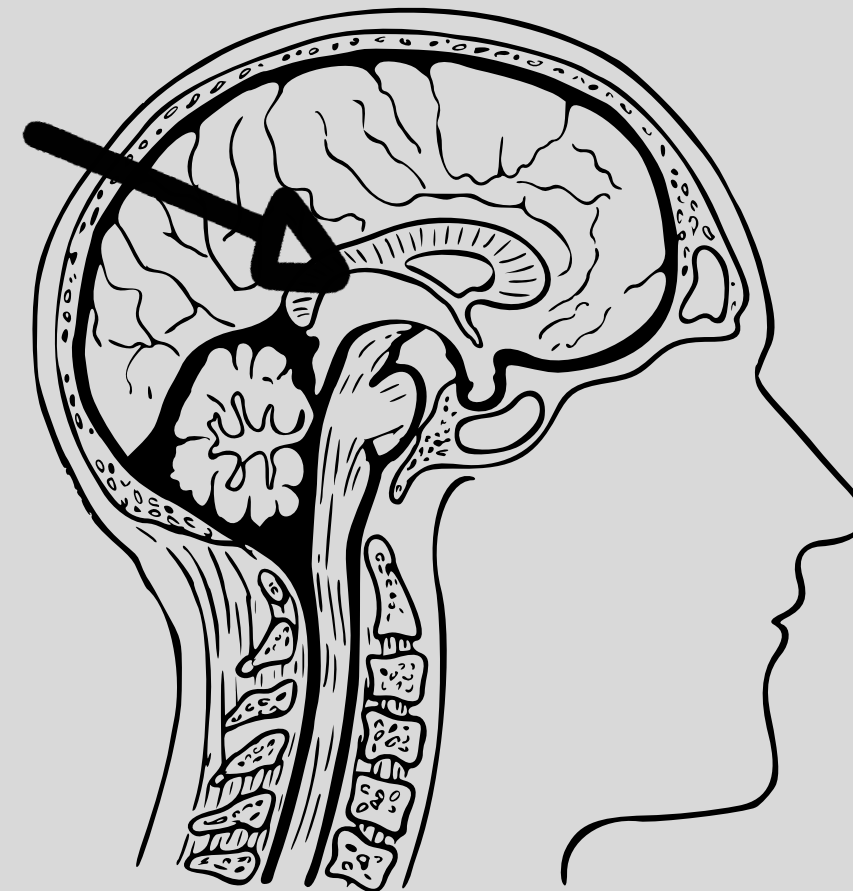
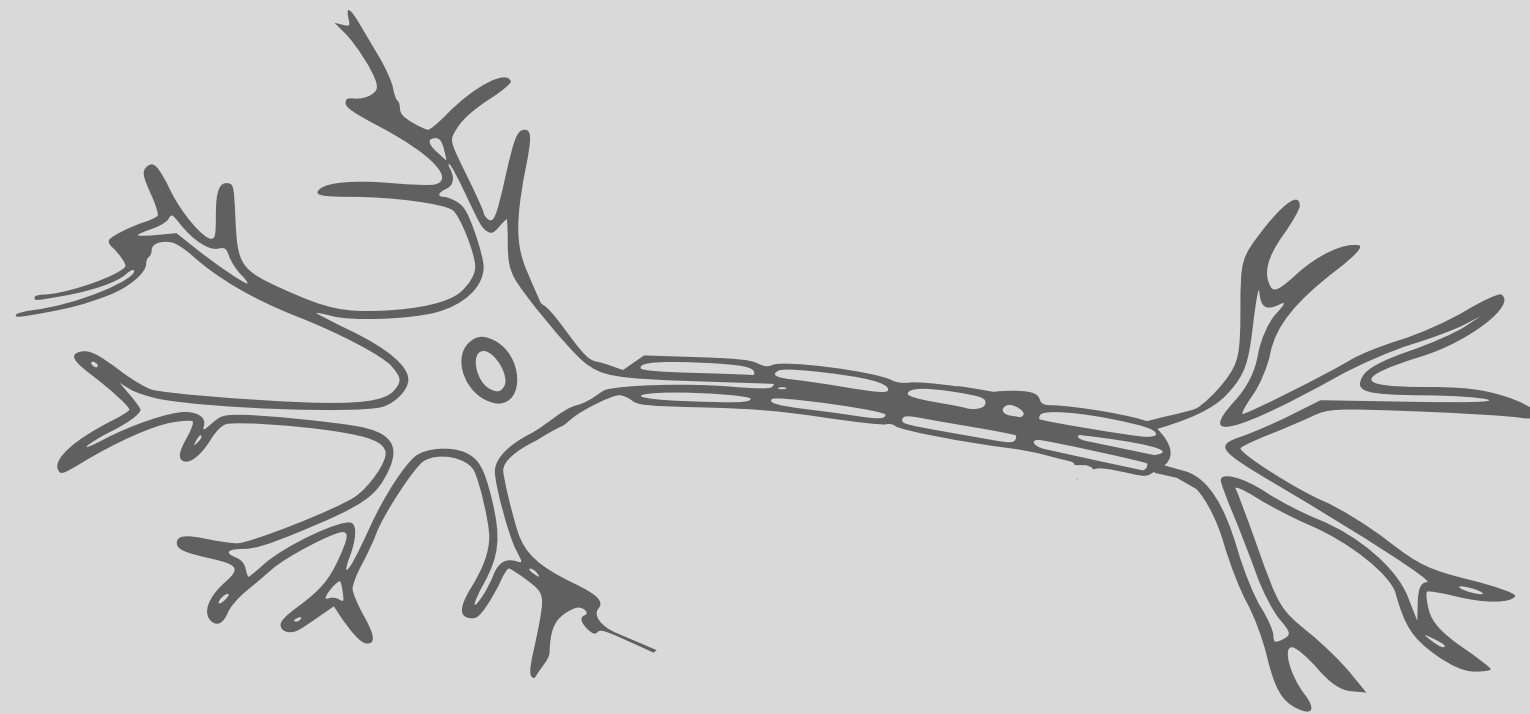
**BUT TO UNDERSTAND HOW IMPORTANT SLEEP IS , WE SHOULD MENTION A FEW OF ITS FUNCTIONS. SLEEP HELPS WITH GROWTH, BLOOD CIRCULATION, METABOLISM, AND IMMUNE RESPONSES.**

**IF THAT HAS NOT GRABBED YOUR ATTENTION, THEN THIS ONE CRUCIAL FUNCTION SURE WILL. SLEEP IS IMPORTANT TO OUR BRAIN, AS THE BLOOD THAT CIRCULATES OUR BRAIN WHILE WE SLEEP, HELPS OUR MEMORY.**

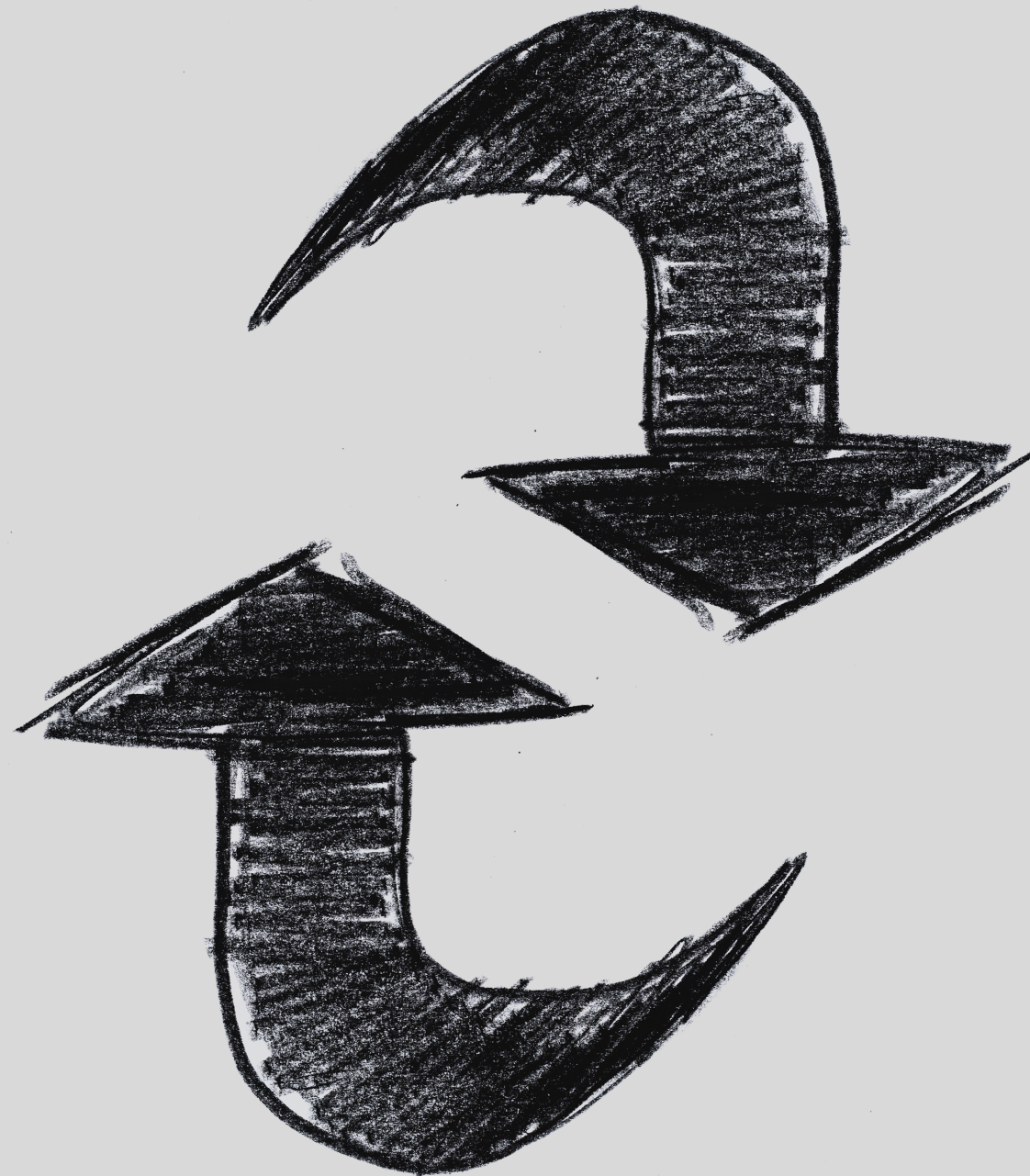


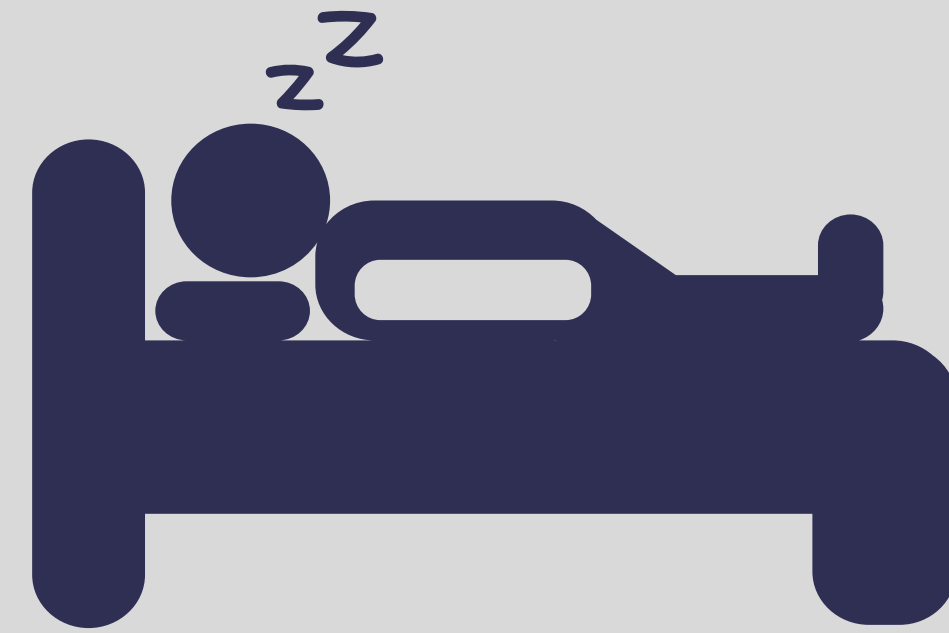
## **HAVE YOUR ATTENTION NOW?**

**OKAY, EXCELLENT. THE WAY OUR BRAIN RETAINS INFORMATION IS NOT THAT COMPLEX. WE FORGET ABOUT 40% OF THE MATERIAL WE LEARN WITHIN THE FIRST 20 MINUTES. HOWEVER, WE CAN HELP NOT FORGET BY TRANSFERRING THAT KNOWLEDGE FROM OUR SHORT TERM MEMORY TO OUR LONG TERM MEMORY, BUT, WE NEED THE HELP OF THE HIPPOCAMPUS.**



**THE PROCESS BEGINS ONCE THE INFORMATION IS TRANSCRIBED AND TEMPORARILY RECORDED IN THE NEURONS AS SHORT TERM MEMORY. AFTER THAT, THEY TRAVEL TO THE HIPPOCAMPUS, WHICH STRENGTHENS THE NEURONS. DUE TO NEUROPLASTICITY, NEW CONNECTIONS BETWEEN NEURONS OCCUR, AND THE NEURAL NETWORK IS ALSO STRENGTHED, SO THE INFORMATION CAN BE PASSED ON AS LONG TERM MEMORY.**





**LESSON OF THE DAY: IF YOU WANT GREAT MEMORY,  
GET ENOUGH SLEEP. THAT MEANS 8 TO 10 HOURS  
PER NIGHT, NOT PER WEEK.**

