

College students struggle to find enough time in a day to handle their responsibilities and lose sleep because of it.

Between class schedules, extracurricular clubs, sororities, fraternities, sports, out-of-class assignments, and personal relationships, college students have difficulty managing their time while also maintaining their health and well-being. Many college students choose to sacrifice sleep to take back some time in the day; with so many forms of caffeine available, it seems easy to make this decision. However, lack of sleep overtime leads to bigger problems in their lives. Rather than losing sleep, there should be some hassle-free way to schedule time for everything that needs to be done.