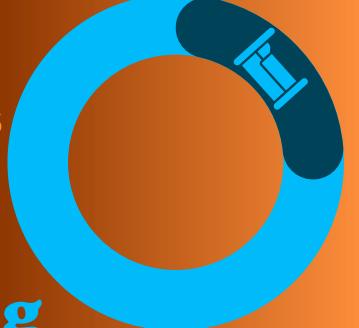


# Struggle with Waking Up?



**27%** of missed classes can be attributed to **oversleeping**



Cognition test scores were **worse on waking up** than after staying awake for **24 hours**



You can use the



**Motivation Initiative** to fight sleep inertia

**Here's how**

## No Snoozing



The efficiency of sleep **decreases 20%** after **snoozing**

## Exercise



**30 seconds** of high-intensity exercise after waking up **significantly** decreases feelings of sleepiness



## Motivation Initiative

**Available on  
iOS and Android**

