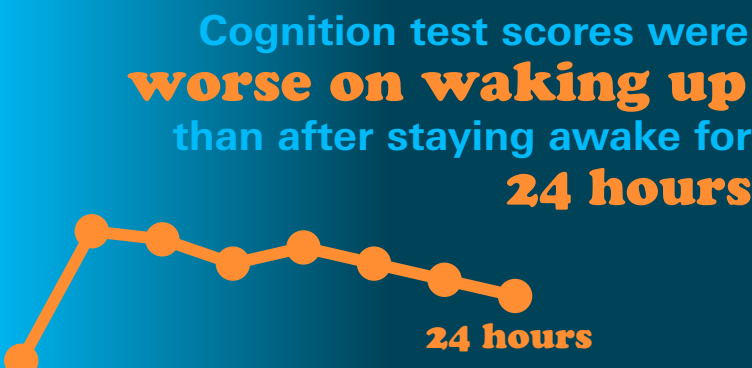


Struggle with Waking Up?



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



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**

