

nightly sleep duration predicting GPA

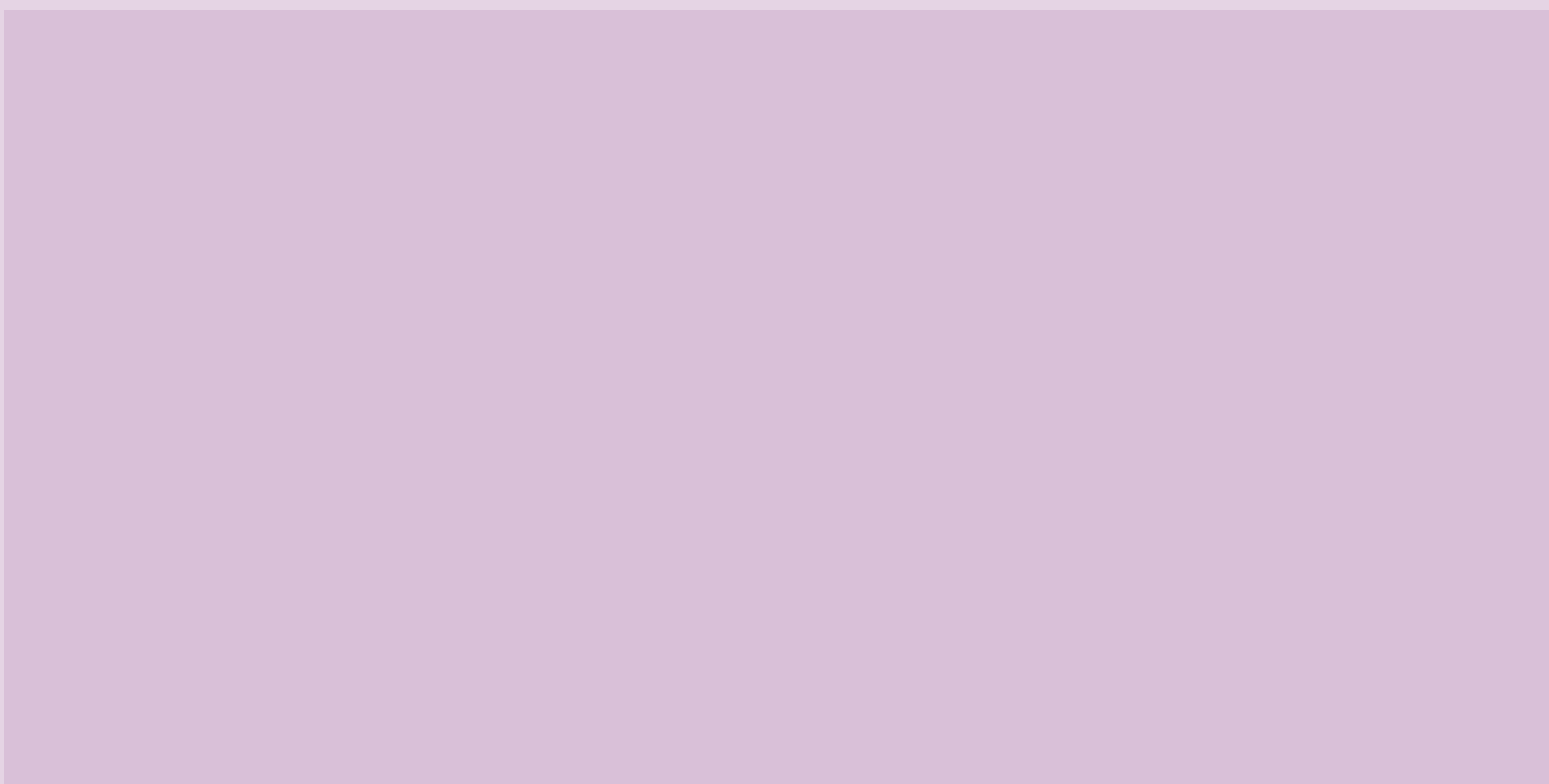
through REM (rapid eye movement) and

memory consolidation is occurring

(Lmengit al., 2020).

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