



You pull an all-nighter to study.

***Lose 1 Hour.***

You remember the shortcut to school.

***Gain 1 Hour.***

You remember your best friend's birthday.

***Gain 1 Hour.***

You complete a full sleep cycle.

***Gain 1 Hour.***

You drink a cup of coffee in the afternoon.

***Lose 1 Hour.***

You read a book instead of looking at your phone before bed.

***Gain 1 Hour.***

You participate in a sleep study.

***Gain 2 Hours.***

You find your misplaced wallet.

***Gain 1 Hour.***

You get an A on your latest quiz.

***Gain 1 Hour.***

You remember your parent's work number.

***Gain 1 Hour.***



**MEMORY BOOSTER**



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You keep picking fights with your younger sibling.

***Lose 1 Hour.***

You feel very friendly and offer to buy your friend lunch.

***Gain 1 Hour.***

You skip the soda at lunch.

***Gain 1 Hour.***

You remember all the countries for your geography test.

***Gain 2 Hours.***

You remember the punchline to your favorite joke.

***Gain 2 Hours.***

You remember where your parent parked their car at the store.

***Gain 1 Hour.***

Studying for your biology test seems easier than normal.

***Gain 1 Hour.***

You slur your words during your class presentation.

***Lose 1 Hour.***

You feel very relaxed all day.

***Gain 2 Hours.***

You can't remember the last digit of your locker combination.

***Lose 2 Hours.***



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You don't feel the need to drink coffee in the morning.

***Gain 2 Hours.***

You feel frustrated less often.

***Gain 1 Hour.***

You hallucinate that you forgot your homework.

***Lose 1 Hour.***

You go to bed early.

***Gain 2 Hours.***

You offer to tutor a classmate in math.

***Gain 1 Hour.***

You binge eat your favorite potato chip snack.

***Lose 1 Hour.***

You remember the quickest way to the movie theater.

***Gain 1 Hour.***

You pick up a new skill very quickly.

***Gain 1 Hour.***

You can't remember your third grade teacher's name when you bump into her at the store.

***Lose 1 Hour.***

You take a nap that lasts less than an hour.

***Gain 1 Hour.***



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You find your misplaced English homework.

***Gain 1 Hour.***

You get along better with your siblings.

***Gain 1 Hour.***

You remember the deadline for your English paper.

***Gain 1 Hour.***

You can't remember if you already fed your dog breakfast.

***Lose 1 Hour.***

You are in such a good mood you offer to take your friend to the movies.

***Gain 1 Hour.***

You opt out of drinking an energy drink to help you study.

***Gain 1 Hour.***

You go to bed early.

***Gain 2 Hours.***

You flawlessly recite a monologue for your audition.

***Gain 1 Hour.***

You "space out" during an important lecture and don't take notes.

***Lose 1 Hour.***

You are in such a good mood you offer to cook dinner at home.

***Gain 1 Hour.***



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