Kristen wakes up on time using her light alarm. She enjoys talking with her mom over breakfast, telling about her yearbook club meeting in the afternoon.

Kristen's alarm goes off on her phone reminding her it’s time to leave to go catch the bus. All her school supplies are laid out beside the door from the night before.

Kristen remembers her gym clothes by putting them in her backpack before she went to bed. The exercise in PE helps manage her symptoms. Kristen does well in PE and is alert for her following classes.

Kristen eats lunch with her friends and is able to focus on the conversation because she finished her homework the night before.

Aubrey wakes up after not sleeping well. Her alarm goes off 15 minutes before her mother comes into her room to wake her up.

Aubrey eats lunch with her friends. However, she is distracted trying to finish her math homework. Aubrey doesn’t pay attention during math class because she is too worried about how she did on a recent test to concentrate.

Kristen stays after school to work on the yearbook, where she is able to socialize with others.

Kristen starts her homework using modified assignments according to her IEP. She starts with a list she made of her assignments.

Aubrey can’t stay after school for her club meeting because her parents grounded her for bad grades. She sees her friends posting their good grades on Social Media and can’t focus on her homework.

Aubrey is still working on her homework. She drinks coffee to concentrate, even though that won’t help her sleep.

Kristen finds out she didn’t do well on her math test. She stays after to talk to her teacher to find out what she needs to do to pass the class.

Aubrey has PE in the morning, but because she forgot her shorts she can’t participate.

Aubrey forgets her gym shorts as she runs out the door to catch the bus. She doesn’t realize this until she gets on the bus.

Kristen finishes her written homework and reads for English homework for an hour before bed.

Kristen is able to fall asleep using relaxation techniques she learned for good sleep hygiene.

Aubrey didn’t finish her homework. She is still working on her homework. She always has trouble concentrating, even though that isn’t helping her sleep.

Feeling Anxious

Feeling Tired

Feeling Determined

Feeling Excited

Feeling Relaxed and Accomplished

Feeling Left Out and Depressed

Feeling Exhausted

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