should be important, while noting it was not prioritized by students. Reasons included volume of homework, extracurricular involvement, social time with peers, and access to events and opportunities. Student Henry described a peer who regularly sacrificed sleep on weekdays only to engage in "depression max Saturday," which Henry described as sleeping all day, with this student never leaving their room and skipping meals. Although this may be a common trend among high school students, sleep debt cannot be repaired through naps or sleeping for longer periods of time on the weekend (F. C. Brown & Buboltz, 2002). Students were either unaware of the health impact of these sleep patterns or chose to deal with the consequences of their limited sleep during the school week. When talking about himself during a focus group, Henry referenced a busy period before winter break when a lot of assignments were due:

> I pulled four all-nighters in a row where I didn't sleep for about 5 days straight. And I remember, like, talking about that and, like, like, telling people about it, like, almost like bragging about it. And now I look back on it, it's like that was probably one of the worst periods of my life. And I felt terrible, and I probably looked terrible, and I was, it was so bad that I was hallucinating in my classes. I know I wasn't learning anything.

In response, student Pamela said:

> If I had heard you say that, I would have been like, "Oh my god, Henry is, like, so dedicated to his work. I'm sure he's, like, doing really well, he's gonna go to a great school and, like, I wish I could, like, have that kind of dedication," which obviously doesn't really make any sense.

Henry and Pamela's interaction in the focus group demonstrated what participants suggested was a common perception: sleep sacrifice was admirable. Henry acknowledged he was unwell physically and emotionally and that his lack of sleep was preventing him from learning. Although academics and the drive to succeed academically were present, the choices students made about their time did not