

Features

Lack of sleep a rude awakening for UNCA students

By Diana Abbott
Staff Writer

Dreams of a good night's sleep are already eluding many UNCA students, even though it is still relatively early in the semester.

They list such factors as procrastination and social activities as the cause of their sleep deprivation.

"I tend to put all my school work off until the night," said Elizabeth Kampouris, a junior commuter student at UNCA. "Then I have 8 a.m. classes Monday, Wednesday, and Friday."

Being a commuter does affect the amount of sleep she gets, Kampouris said.

"Because I have 8 a.m. classes, and I have a roommate, I have to get up at 6 a.m.," said Kampouris, who commutes from Canton. "I like to have a good 45 minutes to get to school, even though it only really takes 25, because you never know with parking."

Living on campus can also contribute to sleep loss, partly because of all the social opportunities immediately available to those willing to sacrifice a few hours of sleep for fun.

"Weekdays I don't sleep because everyone goes to bed really late, and I usually want to stay up with people," said J.R. Hankins, a sophomore resident student. "After that, I usually like to stay up after people are asleep. It's really beneficial personal time." Hankins said he usually gets five to

seven hours of sleep on the weeknights, and eight to 10 on weekends.

"We have our room set up just so people will come hang out, so there's always people there," said Hankins. Hankins' complaint is not an uncommon one at UNCA, said Karen Weinberg, a family nurse practitioner at Weizenblatt Health Center.

"I hear this statement time and time again that their hall is so noisy and there's so much energy happening that it's next to impossible to get to sleep before 2 a.m.," said Weinberg.

Most people need at least eight hours of sleep a night to be fully functional the next day, said Weinberg.

Both Hankins and Kampouris admit that not sleeping affects their concentration the next day.

"I'm really tired at first, and then in the afternoon, I start getting really hyper," said Kampouris. "It's that delirious reaction to no sleep. Then I get really tired and then delirious again. It's crazy."

Staying up late at night has the adverse affect, said Hankins, of causing him to sleep through morning classes.

"Humanities, especially, is a good example because there's no attendance policy," said Hankins. "I'm taking advantage of that greatly."

"Eleven a.m. is my first class, and that's not even hard to get up for, but I find myself sleeping through it at least once a week," said Hankins. "There are two Humanities class sessions, and I'll go to one. I've only



PHOTO BY ROB HAMMONDS

Freshman Michael Ball catches a few winks in the lobby of Carmichael Hall. He said it was not the "The Song of Roland" that put him to sleep, but staying up late the night before.

been to lecture twice this semester." After staying up all night or very late, Kampouris said she has trouble

focusing in her classes the next morning. Frequent headaches due to lack of sleep have also contributed prob-

lems for both Kampouris and Hankins. "More than headaches, there are three to six definite hours where I have a lull," said Hankins. "I don't really want to take a nap, but I could just sit there and pass out for three hours and my life would be just as meaningful."

Both Hankins and Kampouris feel that sleep loss contributes to getting sick frequently throughout the year.

"I tend to get colds really easily," said Kampouris. "I get strep throat a lot. I don't know if that's mostly due to just being exposed to people. But I think, definitely, when you don't sleep enough, it increases your chances."

"The students we have that are the sickest are the ones that get six or less hours of sleep," said Weinberg. "They swear that they can't get any more than that."

This sleep deprivation cycle is not a new thing for Hankins and Kampouris. They are both continuing habits developed in previous semesters.

"Last semester, during the week of finals, I only got a total of nine hours of sleep," said Kampouris. "That was hell. I know a lot of people who went through that."

"I used to take Vivarin to stay up and study, especially when I had tests," said Hankins.

"It was no study, no study, don't go to classes, sleep in, oh no, there's a test, okay, take some Vivarin, and just pump out work all night. I still stay up late and do stuff like that, but I don't take Vivarin anymore," said Hankins.

Caffeine is Kampouris' major helper for staying up late, she said. "I drink lots of coffee and smoke lots of

cigarettes," said Kampouris. "Really anything caffeinated will do."

Even though socializing and procrastinating are major causes of sleep deprivation, work and studying also factor into the equation.

"I usually start regular homework around 7 p.m., and I don't get done until 11 p.m. or midnight," said Kampouris.

"I know people on my hall that I always see in the study lounge," said Hankins. "They're always there. They're just studying until 2 a.m. every night."

Adjusting to this schedule of no sleep is especially difficult for new students, said Weinberg.

"I do see sleep deprivation more in the freshmen and sophomores," said Weinberg. "It takes them a couple of years to learn efficient sleep and study habits."

Correction: David Mills was incorrectly identified as the director of "The Game" and "Seven" in the Sept. 18 review of "The Game." The correct director is David Fincher.

FYI

For Your Information

september
25
thru
october
2

UNCA

FYI is a service of the Student Activities and Student Affairs offices.

FYI is published each Thursday. Deadline to submit information is Friday at noon, for the following week's publication. Next deadline: Sept. 26 for the Oct. 2 issue. Send a copy with basic information to The Banner, c/o Ad manager, CH208A or SMcDonald, HC 27

academic notices

- Last day to withdraw from full-semester class • 9/25
- UNCA Journal submission (Intent to submit forms)/Research Scholar nominations for Dec. grads • deadline, 10/10

athletics

- Men's soccer vs. Liberty, 2pm, GF • 9/27
- Women's soccer vs. Liberty, 4pm, GF • 9/27
- Women's soccer vs. Davidson, 2pm, GF • 9/28

career opportunities/jobs

- Internet access to UNCA job listings now available through Jobtrack. From on-campus, <http://www.jobtrack.com>. From off-campus access, call Career Center, 251-6515
- Call for Performers to participate in UNCA "After Hours" series-poets, singers, bands, soloists (x6675)

concerts/live entertainment

- Asheville Dance Collage, performances by 8 of Asheville's dance/movement theatre companies, 7:30pm, Lipinsky (spon. by Dept. of Health and Fitness) (232-5652) \$8 • 9/25
- Choreographers' Showcase, 7:30pm, Lipinsky Aud. (X5652) • 9/26
- Contra dance, live music by Razzmatazz, 8-9:30 pm, HC Lounge, FREE (x6675) • 9/27
- Violinist Paul Statsky, Pianist Deborah Belcher, 12:15pm, LH 018 (discussion to follow) (x6432) • 9/26
- The Cmplt Wrks of Wm Shkspr (Abridged), a spoof on Shakespeare, 8pm & 2pm CBT (232-2291) • 10/1-10/5
- "Lip Sync/Talent Show, 9-11pm, HC Lounge (spon. by Greek Week) • 10/1
- North Carolina Dance Theatre, tickets on sale now, HC 27, (x6584) • 10/7-10/8

etc.

- Chancellor's Open Meeting, 2pm, PH 253 (x6500) • 9/25
- Monday Night Football Drop-in, Founders Hall (Highrise) (spon. by Residence Life) (x6700) • 9/29
- Auditions: "Hansel and Gretel", HLH (Theatre UNCA) (x6610) • 9:30am-4:30pm, 9/27 • 1:30-4:30pm, 9/28
- Greenway Dedication, 3pm, Barnard Ave./Weaver Blvd (x6500) • 9/30
- Funding for Weekend Events available, deadline to apply, 4:30pm, HC 27/48 (x6674) • 9/30
- Charlotte Hornets Pre-Season Home Games (10/16, 10/22), Regular Home Game (10/31) Limited # of tickets available, HC 27 (x6584) • on sale 10/9
- Family Weekend for parents, siblings, students, and kids of students (see activities in upcoming brochure) • 10/3-10/5
- Movie tickets to local United Artists theaters-\$4 for students with UNCA I.D., 10am-4pm, HC 27 (x6584)
- Flu vaccine available, \$7, Student Health Services, WHC (x6520 for appointment) • 10/6-11/14
- Founders Day, UNCA's 70th Anniversary-pick up a brochure of events • 10/6

exhibits

- Valentina DuBasky, prints, paintings, sculpture, University Gallery, OH • thru 10/7
- L. Gina Canter Paintings: "Cherokee Legends, Folk Life and Celtic Legends," RL • thru 9/30

films

- "The Bible and the Gun", 4:30-6pm, PDR/DH, (discussion to follow) (spon. by Africana Studies "Harambi") (x6626) • 9/25
- "Liar, Liar" and "Scream", 7-11pm, HC Lounge (spon. by Greek Week) • 9/30
- "The Harsher Face of Islamic Extremism", 4:30-6pm, PDR/DH (discussion to follow) (spon. by Africana Studies "Harambi") (x6626) • 10/2

leadership opportunities

- Breakfast with the Chancellor, Dr. Patsy Reed, 8-9:30am, PDR/DH, sign up in HC 48 (x6588) • 9/30
- Leadership Resource Center-helpful information, outside HC 37

lectures/workshops/seminars

- N.C. Dance Alliance Annual Event (see brochures) (x5652) • 9/25-9/28
- FirstSearch overview, databases, RL Whitman Room (x5094) • 10-11am, 9/29 & 2-3pm, 9/30
- Opening Doors: A Dialogue on Race in the Institution, 6-8pm, MAHEC, Biltmore Ave., class credit available (x6592) • Mondays thru 11/10
- Personal Safety Skills Workshop, 6:45-8:45pm, Health/Fitness Dance Studio, \$50 (x6558) • 10/6-11/10
- Ovid ERIC, Introduction, RL (x5094) • 3:15-4:15pm, 10/1 & 11-noon, 10/2
- Managing the Time-II, 11am, LF (x6569) • 10/2
- Encountering Drama-Meet the director of Theatre UNCA play, 7pm, LF (x6569) • 10/2

organizations - special programs

- Hair-Braiding Extravaganza, 4:30-9pm, HC Lounge, (spon. by Int'l Student Assn.) (255-7145) • 9/25
- SOC meeting, 7pm, HC Lounge (x6998) • 9/25
- Campus Commission Budgets due, Noon, HC 34 (x6998) • 9/30
- Greek Week - Watch Bulletin Boards for Events • 9/29-10/4
- NC Baptist Student Convention at Ridgecrest, UNCA Baptist Student Union is offering rides (252-3817) • 9/26-9/28

outdoor activities/recreation

- Climbing, beginning/intermediate-4 week program at Climbmax (indoor), \$10, sign-up now in HC Outdoor Ed. Office (x6001) • 9/23-10/7
- Rafting on the French Broad, 1:30-5pm, \$5, reserve space now in HC Outdoor Ed. Office (x6001) • 10/5
- Hiking/camping at fall break, equipment/food provided, reserve space in Outdoor Education, HC (x6001) • 10/11-10/13
- Kayak Roll Session, 7-9:45pm, JC Pool • every Wednesday
- Mountain Bike Rides, meet 5pm at DH or 5:30pm at Bent Creek (bikes available) (x6001) • every Wednesday
- Flag football and singles tennis intramurals (x5650) • thru 10/5

volunteer opportunities

- Community Service Fair, 11am-1pm, HC Plaza (x6588) • 10/1
- See Bulletin Board in HC Lobby or visit HC 48 (x6588)