

# CAMPUS LIFE

## College women shortchanged on sleep

By COLLEEN DEBAISE

Tamara Hahn doesn't have time to sleep.

Hahn, a 20-year-old junior at the University of Illinois at Chicago, juggles a full classload, softball practice, and a part-time job at a sandwich shop.

"During the [softball] season, I get no sleep," says Hahn, as she spreads mustard on a roast beef sandwich. "It's hard to go to classes sometime. It's hard to pay attention."

Weekends are a time to catch up on sleep, she says, although sometimes, "I try to make up my sleep right after practice, but that's when I have to do work or study."

"It's really hard," she adds. An increasing number of college students, like Hahn, are spending less time snoozing and more time feeling tired and listless, according to recent studies.

In a report in the journal "Sleep," scientists speculate that Americans today are less well rested and feel worse than their parents and grandparents.

"The simple truth is contemporary Americans aren't getting enough sleep," said lead study author Donald Bliwise, director of the Sleep Disorders Center at Emory University Medical School. "People prioritize all the time for work, family, nutrition, exercise and more."

The report compared the results of mental health survey of 1,200 healthy adults living in the Midwest in the 1930s to those of 1,200 adults of comparable age, gender, area of residence and other factors 50 years later.

There is a surge in the number of people who report being fatigued, which indicates they've

has insufficient sleep, scientists said.

Another study indicates that women college students, in particular, are more likely to suffer from sleep deprivation than their male counterparts.

An Elmhurst College study of 82 college undergraduates found that similar percentages of women (53 percent) and men (58 percent) said they required seven to eight hours of sleep each night.

Sixty-percent of the men reported getting in seven to eight hours of snoozing. But only 38 percent of the women students said they got that much sleep, and slightly more than half (51 percent) reported sleeping less than 6-1/2 hours per night.

"Students, particularly women students, do suffer from sleep deprivation," says Dr. Kathleen Sexton-Radek, chair of Elmhurst College's psychology department.

Women went to bed earlier during the week, but stayed up later on weekends than did men in the study.

During the week, while about half of the men and women in the sample went to bed by 11 p.m., more than 20 percent of men reported staying up past midnight as compared to only one percent of the women.

But on weekends, the tables turn. About 40 percent of the men were in bed by midnight and 80 percent by 3 a.m. Only 20 percent of the women students were in bed by 1 a.m., and 60 percent by 3 a.m.

Women also were less likely than men to take a nap to make up the difference and more likely to be up on weekdays by 8 a.m. than are men.

Many women said they try to

catch up on their sleep on weekends. Nearly 40 percent of women reported not rising by 10 a.m. on Saturdays and Sundays, while only 26 percent of men slept beyond 10 a.m. on weekends.

"Napping and sleeping-in on weekends is counter-productive," says Sexton-Radek. "Napping be-

havior needs are complex. While the body craves sleep, the urge to sleep must be ignored to maintain a healthy, synchronized sleep cycle."

Sexton-Radek says that one of the most important habits for a good sleep cycle is to go to bed and get up at about the same time

each day. "This will give you a consistent rhythm and will synchronize your biological clocks," she explains.

Almost all, 77 out of 82 students, reported needing alarm clocks to wake up. About 20 percent experienced insomnia at times, they said.

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## Campus Activities Board

Student Activities Center

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### Television needed

North Hall Council is looking for a new television to replace the one that was stolen last semester. Anyone willing to donate a television or is willing to sell one at a cheap price is asked to contact the North Hall Council President, Michele (Buffy) at 5323.

Any donations will be greatly appreciated. Thank you!