

# As finals near, sleep becomes more important for students

According to Health Services students need a minimum of seven hours of sleep per night in order to cope with the stress and anxiety of final exam time

**Caitlyn Glascock**  
Reporter

With Thanksgiving break approaching, the workload from classes is becoming more intense, and sleep often falls to the bottom of the priority list for many Elon students. With speakers, social functions, homework, group projects, exams and meetings, Elon students are losing many hours of much-needed sleep.

Katherine Parrish, director of Health Services at Elon, says students should be getting a minimum of seven hours of sleep per night. While seven hours is the recommended amount of time, Parrish says she believes Elon students seem to be getting much less. Sophomore Sarah McKinney says, "I average around five hours of sleep a night, depending on when I have classes. I am always tired and usually fall asleep in the middle of class." A lack of sleep not only causes students to be tired, but it also may affect academic success.

Elon student Jennifer Rampal admits, "I only doze off in some classes, but I never really fall asleep." Some students simply doze, others fall completely asleep, but any kind of sleeping during the daytime is a clear sign that a person's body needs more rest. While many students count on 20-body needs more rest. While many students count on 20-body to 30-minute power naps to keep them going, naps are never as healthy as sleeping during the night. "Researchers

and doctors have said they feel that naps kind of disrupt a person's sleep patterns," Parrish said. "Of course, if a person is getting no sleep, a nap is better than nothing. Doctors recommend that you sleep the same amount per night, even on weekends."

Lack of sleep may make a student drowsy, but this is not the only effect of sleep deprivation. "Lack of sleep can cause stress and grumpiness," said Elon student Samantha Gilman. While a lack of sleep can cause stress, Parrish says there are many more short- and long-term effects then students would think. "Short-term effects can include memory loss and difficult focusing, but if a lack of sleep persists for a longer period of time, more side effects are likely to occur. You then may get physical symptoms such as muscle aches and lots of headaches," Parrish said. "When lack of sleep is perpetuated for a long period of time there is the possibility of becoming depressed because a person's immune system is weakened." While some students do get more than five hours of sleep, the question remains, is this quality sleep? Parrish says the conditions while sleeping definitely affect how much rest one's body actually gets. "They recommend that you sleep in a dark room and that you have quiet," Parrish said. "Of course, residence halls don't afford that at all, but that is the ideal sleeping condition."

With sleeping conditions not at a prime for students, and

Short-term effects can include memory loss and difficult focusing, but if a lack of sleep persists for a longer period of time, more side effects are likely to occur.

-Kitty Parrish, director of Health Services

workloads increasing from classes, Elon students are struggling to stay awake.

If you are having difficulty staying awake, some good sleeping tips include...

-Sleep in cool and dark conditions. This will provide better quality sleep.

-Get the same amount of sleep every night, even on weekends.

-College students should get between 7-8 hours of sleep per night in order to function to their full potential.

-Avoid exercise before bed time. Leave at least three hours for your body to cool down.

-Keep your bedroom at a comfortable temperature.

\*Tips provided by Katherine Parrish, director of Health Services at Elon.

Contact Caitlyn Glascock at [pendulum@elon.edu](mailto:pendulum@elon.edu) or 278-7247.


**BRING THIS COUPON**

**ELON UNIVERSITY**

**Students**

**10% DISCOUNT**

**ON ALL HONDA SCHEDULED MAINTENANCE**

**Burlington Honda**  **30 YEARS**

2920 S. CHURCH ST. BURLINGTON 584-4870  
[www.burlingtonhonda.com](http://www.burlingtonhonda.com)

**SERVICE DEPT.**

**HOURS:**  
M-F 7:30-6:00  
SAT. 8:00-1:00

**COUPON**

**BRING THIS COUPON**

## TINA'S NAILS

SPECIALS!! SPECIALS!! SPECIALS!!

2551 S. Church St.  
Burlington, NC 27215  
(336) 584-1060

Shadowbrook Plaza  
(Across from Eckerd's)

Open 6 days a week  
Mon. - Fri. 9am - 7pm  
Sat. 9am - 6pm

Walk-Ins Welcome  
Visa, Mastercard, & Checks Accepted

- \* Acrylic Nails
- \* Gel Nails
- \* Sculptured Nails
- \* Silk Wrap
- \* Manicure/Pedicure
- \* Nail Art
- \* Waxing/Facial
- \* Massage

**15% off any service with a coupon**  
(Must present coupon at time of service)

**Full Set-Acrylic**  
**\$20.00**  
reg. \$25.00  
Expires 2/1/06

**Fill In-Acrylic**  
**\$12.00**  
reg. \$15.00  
Expires 2/1/06

**Pedicure/Manicure**  
**\$30.00**  
reg. \$35.00  
Expires 2/1/06

**Gel&Silk Full Set**  
**\$35.00**  
reg. \$45.00  
Expires 2/1/06