

# To sleep, perchance to dream

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staff writer

Loves thrives on energy. Relationships need energy to stay active and healthy. Monstrous problems fade to molehills with energy.

The major cause of energy loss is sleep deprivation. Without enough sleep, you become lazy, apathetic, forgetful, and irritable. No one likes constantly tired people, so you are left feeling lonely and unloved, thereby lowering your self-worth, and, eventually, leading to depression.

Without enough sleep, your immune system is weakened. Your body has trouble fighting infections and viruses leading to constant colds, that general icky feeling that precedes sickness, and sickness itself. This leads to missed classes and falling behind in homework. Now, not only are you alone (everyone is avoiding your nonexistent-energy-self), failing your classes, and feeling terrible, you have no idea what caused your situation. You underestimated the importance of sleep.

**"Many people sacrifice their sleeping hours for finishing homework, only to regret it the next day."**

Sleep restores energy. During sleep, your body is believed to build proteins and restore the brain's and nervous system's control over body systems. In his book, *Sleep*, J. Allan Hobson theorizes that during sleep "we reinforce our learning of significant information...We recall and we imaginatively enact in our dreams."

Getting enough sleep is just the beginning, however.

In *Natural Sleep*, authors Goldberg and Kaufman remark that the saying, "Early to bed and early to rise makes a man healthy, wealthy, and wise," definitely has merit. Johns, Dudley, and Masterson of Australian University have found that "better academic

performance as a medical student has been shown to be related to early morning awakening." Author Henry Fielding believed that "one hour's sleep before midnight is

worth two after."

Sleep is one of the most important instinctive behaviors that humans have. Many people sacrifice their sleeping hours for finishing homework, only to regret it the next



Becca Lee

**Astrid, unfortunately, doesn't practice what she preaches**

day. "it affected me the rest of the week," Jennie Craigie remembers. "I was trying to catch up on that night, so the rest of my work that week really suffered." People know, but forget, that doing work while exhausted does not produce quality.

"Five o'clock is a bad time to be awake," Martin Davis remarked dryly. Hayden Tatman relates: "After 30 to 36 hours of no sleep, everything was sort of pink and rosy. But all my homework from that time was...oh...OUCH...really bad."

It is not hard to get enough sleep; the simple act of going to bed at midnight means

eight hours of sleep before 8 a.m.

Lack of sleep produces creative coping strategies. "one time when I didn't get enough sleep, I went to class with my pajamas on," Kelly White said. "It made the transition to the waking world much easier."

Imagine how nice life would be if we never felt our heads nodding over the computer, wondering if the keys would make a soft pillow. I have never heard anyone say that they hate sleeping. So why does no one get enough when it is so beneficial?

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