

SLEEP

Stew Milne, THE BATTALION

Most people do not get enough sleep, doctors say

BY AARON MEIER
 THE BATTALION

Sleep: that precious thing every student needs, but most can never get enough of. The average person spends one-third of their life asleep, but experts say most Americans still do not get enough.

Dr. Ludy Benjamin, a former sleep specialist and a professor of psychology at Texas A&M University, said nocturnal slumbering stands as a relatively unexplored scientific frontier.

"A lot is known about sleep, but no one really understands why we sleep and what the actual benefits are," Benjamin said.

Psychologists generally agree that five definite stages exist in a typical sleep cycle. Stages I, II, III and IV puzzle scientists and sleep experts. Varying brain activity differentiates the four stages, but the purposes of the stages remain a mystery.

The most heavily explored sleep stage is Rapid Eye Movement (REM) sleep. Researchers believe dreaming occurs during REM sleep. Brain activity greatly increases and the eyes quickly move around in the head during this stage.

Dr. Don Freeman, a physician at A.P. Beutel Health Center, said in REM sleep, the body and mind re-energize themselves for the next day's work, but without REM sleep, the sleep cycle is useless.

"Typically, the average person goes through three, possibly four, sleep cycles," Freeman said. "But if no REM sleep is accomplished, the person feels fatigued and tired, even if they got a full eight hours' sleep."

Although sleep requirements vary from person to person, Freeman said a person needs a minimum of six hours of sleep, preferably eight hours. However, as a person ages, they need less sleep.

Benjamin said studies show when students start college, they cut an average of one hour out of their sleep schedules to accommodate for college life, but when they leave college and have more time to sleep, they typically do not add the hour back.

"Sleep patterns and habits are pretty constant and hard to change," Benjamin said.

Freeman said sleep disorders and insomnia often affect students. However, they should not use sleeping aids, he said.

"Most sleeping aids inhibit the important REM phase of sleep, making the sleep useless," Freeman said. "Some things, such as Benadryl and melatonin products, allow REM sleep to occur, but the safest thing is to allow sleep to occur normally."

Freeman also said students with other sleep disorders, such as sleepers who talk, sleep walk, actively dream or stop breathing while asleep, are common.

For students who choose to limit their sleep during exam time by pulling all-nighters, Freeman said a study shows no significant grade increase from studying all night. Freeman recommends students who have an early exam get to sleep early and wake up early.

He suggests students who have to pull all-nighters take periodic naps of at least 45 minutes every few hours.

Benjamin said a famous study by Dr. Webb, a Florida sleep specialist, shows America is a society largely deprived of sleep. He said the study shows the vast majority of Americans deprive themselves of sleep at different times in their lives, with few short-term

consequences.

Freeman said many artists and creative individuals also use sleep as inspiration for their work. The surrealist artist Salvador Dali would lie down with a fork in his hand and place a pie tin next to him. When Dali fell asleep, the fork would fall from his hand and hit the pie plate, waking him up.

He would then draw the image he remembered upon waking up. This method led to the creation of his famous images of melting watches and oversized forks.

"Sleep can be an inspiring experience," Freeman said. "Some great artists draw great inspiration from something everyone does everyday."

Aggies find sleep in low — and high — places

BY MICHAEL SCHAUB
 THE BATTALION

NO SLEEP. The sign hung in the window of the Langford Architecture Building for weeks last semester, as students inside became one with T-squares, protractors and mugs of coffee.

Brian Crockett, an architecture graduate student, said studying the ins and outs of environmental design is not conducive to a normal sleep schedule.

"Architecture majors probably have the most screwed-up schedules of anybody," Crockett said over a cup of coffee at Northgate's Copasetic Cafe. "I have to sleep in two shifts."

College students are notorious for odd sleep habits. Grizzled college veterans often seize the opportunity to relate war stories about brutal all-nighters and classes spent dozing off into dreamland.

"I've fallen asleep in the MSC before, so I bought this," Crockett said, producing a small contraption the size of a pocket calculator. "It's a little alarm clock. I can set it so I don't sleep for more than 15 minutes."

Not all students are worried about their punctuality — or lack thereof.

Rhandi Selde, a junior bioengineering major, said fear and caffeine keep her awake.

"I can't fall asleep in public places," Selde said. "I have a fear of falling off benches and making a fool of myself."

She gets by with a little help from a friend. "I do all-nighters, but that's mostly a lot of (soda)," Selde said. Other than that, she said her sleep schedule is relatively normal.

Some students have no explanation for what happens when the sandman comes. Matthew Lillard, a sophomore environmental design major, said he and a friend once stayed up days in a row attempting to complete an architecture project.

But that was just the tip of the weirdness iceberg, he said.

"I woke up once and all the contents of my drawers were on top of me," Lillard said. "It was kind of creepy."

"One time, I came into my room late, and my roommate sat up in bed and said to me, 'Whoa, whoa, whoa, whoa! Watch out for that diameter!' and then went back to sleep."

He said his roommate's order was the result of hours spent calculating the diameters of stars, Lillard said.

Ric Jensen, an educational administration graduate student, said he finds it difficult to

stay awake during seminars he attends as an information specialist for the Texas Water Resources Institute.

"I attend quite a few scientific meetings," Jensen said. "There's a real tendency to find yourself fighting off sleep during slide shows when the lights are off. I assume I'm normal, which is a strong statement to make."

Stephanie Roe, a sophomore speech communications major, said she toughs out the lack of sleep.

"I wouldn't say I get enough sleep," Roe said. "I get really worn out. I feel like a zombie walking around sometimes."

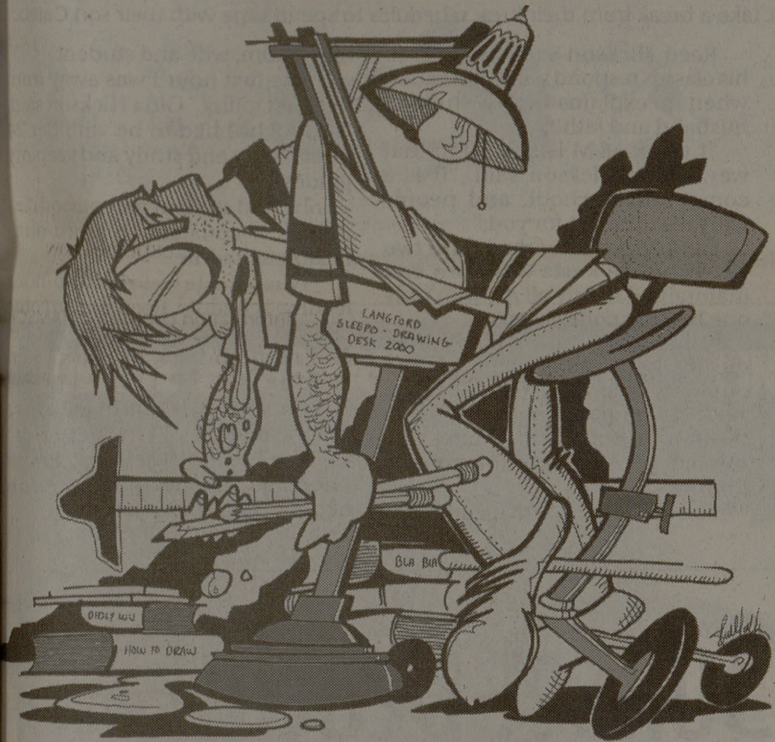
Crockett said sleep deprivation and caffeine dependency seem to be facts of life for university students.

"I think I actually enjoy it," Crockett said. "In a way, I kind of have more privacy. If I were at home, I'd be tempted to go to sleep. There are methods to the madness."

A&M students' erratic sleeping schedules might be madness, but maybe students here are no different from the typical college student.

"And then there was the time that for some reason — I'm a complete idiot —" Lillard said, "I almost set my roommate on fire while he was asleep."

Then again, maybe not.



Chad Mallam, THE BATTALION

SUCCESS
 is right at your
FEET

Payless ShoeSource is the nation's largest footwear retailer, operating over 4,200 stores in 50 states, District of Columbia, Puerto Rico, and the Virgin Islands. Sales during 1995 were \$2.3 billion, with 200 million pairs of shoes sold. Headquartered in Topeka, Kansas, Payless ShoeSource is a publicly traded company on the New York Stock Exchange.

This growth has created outstanding opportunities at our corporate headquarters in Topeka, Kansas. We offer the fast track Corporate Management Associate Program and a compensation package competitive with any industry. Payless ShoeSource will be interviewing May graduates for Corporate Management Associate positions on February 12th. For further information about career opportunities at Payless ShoeSource, visit the placement office on campus.



Doesn't it feel good to payless?™
 3231 E. Sixth Street
 Topeka, KS 66607
 Equal Opportunity Employer

SPRING BREAK '97

Cancun from \$349
 Acapulco from \$399
plus tax

Holiday Express
 21st Year 800-235-TRIP

quickserv johnny
 INSTORE PERFORMANCE
 THURS 1/13 5PM

MONDAY AT MIDNIGHT
 ON SALE: PAVEMENT, BIG HEAD TODD
MOBY, DAVID BOWIE, VERUCA SALT

IMPORTS T-SHIRTS POSTERS

TEXAS BUY & SELL MUSIC USED CD'S

PUNK ROCK DANCE MUSIC
TRIP HOP TRANCE BREAKBEAT DRUM N' BASS

RAP REGGAE BLUES

JAZZ COUNTRY CLASSICAL

SPECIAL ORDERS ALWAYS WELCOME

marooned
 "THE" RECORD STORE IN B/C/S
 110 College Main 846-0017

RICOCCHET

SATURDAY, FEB. 15
 DOORS OPEN 8 P.M.
 SHOWTIME 9 P.M.

TICKETS:
 \$10 ADVANCE
 \$12 DAY OF SHOW
 \$14 RESERVED

AVAILABLE AT:
 CAVENDARS BOOT CITY COLLEGE STATION

SILVER WINGS
 BALLROOM
 Hwy. 105 East - Brenham

OPENING ACT:
EMOTIONS
 TEXAS DANCEHALL MUSIC

SINGING THEIR HIT SONGS!
 • DADDY'S MONEY
 • WHAT DO I KNOW
 • LOVE IS STRONGER THAN PRIDE
 • EASE MY TROUBLED MIND

Home Page Construction Workshops for Beginners

Sponsored by:
 College of Agriculture and Life Sciences

Cost: **FREE** (preference to CoALS students)

Register on-line at:
<http://dist-ed.tamu.edu/workshops.html>

Dates:
 Session 1: Feb. 11,12,13, Apr. 8
 Session 2: Feb. 25,26,27, Apr. 9
 Session 3: Mar. 25,26,27, Apr. 10

See the above web address for topics and registration information.