



What dreams may come

Sleeping in class can present problems for students, distractions to professors

STORY BY: SCOTT HARRIS PHOTO BY: TERRY ROBERSON GRAPHIC BY: MICHAEL WAGENER

Sleeping in class is an art form requiring perseverance and many hours of practice. Students who have perfected the classroom nap reap the benefits of altering their sleep schedule. Classes always get in the way of doing the important things in life. Some students feel that by sleeping in class, they can kill two birds with one stone — they get the necessary amount of sleep and also make time at night to do things that could have been done during those classroom hours. The only thing that could get sacrificed is the student's grade-point ratio.

Whatever the reason, students have been sleeping in class since the conception of school, and things probably are not going to change.

Tad Fielder, a senior petroleum engineering major, said there are many reasons people fall asleep in class.

"Sometimes the professor is just really boring," Fielder said. "Sometimes the student might just be extremely tired, and sometimes they go to class with the intention of sleeping. I know I've done it."

Kali Wilkinson, a junior community health major, said some students sleep in class because they will get credit for just showing up.

"Sometimes people sleep because they don't have to pay attention in class," Wilkinson said. "If the professor has prepared notes and they give them out, then some people just show up to get credit for being in class."

Don Tomlinson, a journalism professor, said students sleep in class because they take on too many extracurricular activities.

"There are so many things outside of class," Tomlinson said. "Some students just run themselves ragged, taking on

more than they can do, so sleep gets cut out."

Even though it is the student that is most directly affected by sleeping in class, the professor also can be affected.

Fielder said professors could take a student sleeping in their class personally.

"I think they [get] insulted," Fielder said. "They feel that you don't think they are important enough to pay attention to."

Tomlinson said he can understand why students sleep in class.

"If the student is in the Corps [of Cadets], it's routine and understandable," Tomlinson said. "My first semester teaching here there was a Corps student that slept half of the time. Finally I asked him about it, and he explained everything they have to do. So I understand."

"I don't take it personally at all if only one person is sleeping and 98 percent of

the class is awake. I don't feel like I am putting students to sleep. If I did, I would reassess my teaching methods."

Tomlinson said sleeping in class sometimes can be distracting to him.

"It's distracting if their elbow keeps dropping off of the table," Tomlinson said, "or if they are just nodding off and their head keeps dropping when they are trying to stay awake."

Most students have slept in class,

which means most students have a sleeping-in-class story, whether it is something that happened to them or somebody else.

Fielder said his sleeping story was almost extremely embarrassing.

"It was my freshman year, the first week of school right after Fish Camp," Fielder said. "I was in my political science class and I was nodding off."

"I heard my professor say 99,000 stressing the 99. So I started to stand up and wildcat before I realized where I was. I was able to sit down before the professor could turn around and figure out who it was."

Wilkinson said her story happened during a test.

"I was in class and the professor was passing out the tests," Wilkinson said. "I looked behind me and there was this dude sleeping with his head in his hand. I'm not sure, but I think he slept through the whole test."

"Some students just run themselves ragged."

— Don Tomlinson
Journalism Professor

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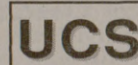
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