

Ask Aggie

Ask Aggie,

I've been having horrible sleep for several weeks! I lie down to go to bed and then I just stare at the ceiling for hours and finally when I do get to sleep, I toss and turn all night long. My grades can't afford for me to keep falling asleep in class. Any ideas?

— Sleepless in College Station

Dear Sleepless in College Station,

Babies and dogs seem to have it the best. All they do is eat, sleep and you know what. However, as adults our busy lifestyles keep us from having the restful sleep that we need for the next productive day. Even though it may seem impossible now, there are some easy ways to improve your sleeping habits.

Try to see how much sleep you need. Cornell University psychologist James Mass, author of *Power Sleep*, recommends a sleep experiment to see how much you need. For one week, go to sleep a full eight hours before you need to get up. If you awake rested and ready to go - and feel that way throughout the day - you've gotten enough sleep. If not, try changing your bedtime. Get over to the Rec! It can't hurt. Dr. Emma Gibbons, assistant department head of the Kinesiology department at A&M, said exercise is a stress reliever. Any form of cardio-vascular exercise (big muscle movement for at least 20 minutes) will help the body release stress. However, she also says for some people strength training can add stress to the body when a person first begins a program. Some people find it difficult to fall asleep within two hours after working out.

I'm afraid there is not an answer that will fit everyone. Sleep is essential to a healthy lifestyle and cannot be overlooked. Try some of these tips, but consider consulting a physician if you do not improve or feel that you have a more serious problem. Good luck and sweet dreams.

DAHLIA DENTON • THE BATTALION

DEAD DAYS

Continued from Page 4

going to the mall, playing with my dog or going out with my friends," she said. "I would also make it a point to exercise during finals, even if it was a short period of time. That always seemed to relieve my stress and it gave me a fresh outlook when I returned to studying."

Coufal summed up the importance of keeping her studies in perspective.

"When it was all over," she said, "I made sure to take a couple of days off just to relax and enjoy my freedom."

Harry Potter tops out at the box office, beating Titanic

LOS ANGELES (AP) — After an A-plus debut, *Harry Potter's* box-office grades have slipped to non-magical levels.

Harry Potter and the Sorcerer's Stone took in \$24.1 million to remain the No. 1 movie for the third straight weekend. But its gross dropped 58 percent from last week's Friday-to-Sunday total, according to studio estimates Sunday. The film has taken in \$220.1 million in 17 days.

Behind Enemy Lines, starring Gene Hackman and Owen Wilson, opened in second place with \$19.2 million. *Spy Game* was third with \$11.2 million.

In limited release, Hilary Swank's historical drama *The Affair of the Necklace* opened with \$136,000 in 18 theaters for a healthy average of \$7,556. The western *Texas Rangers* bombed with just \$300,000 in 402 theaters for a feeble \$746 average.

After a record-shattering \$90.3 million debut two weeks ago and a huge take over the long Thanksgiving weekend, *Harry Potter* returned to earth. Such a fall is typical of big family films released around Thanksgiving. Theater crowds tail off as children return to school and parents are pre-occupied with holiday shopping.

Monsters, Inc., another family hit, fell from second place to fourth with \$9.4 million, a 61 percent decline from the previous Friday-through-Sunday. Last year, the gross for Dr. Seuss *How the Grinch Stole Christmas* fell 48 percent the weekend after Thanksgiving.

Harry Potter and *Monsters, Inc.* should see solid rebounds around Christmas and New Year's Day. Both holidays are prime time for family moviegoing. They fall on Tuesdays this year, meaning five-day holiday weekends that bode well for film attendance.

Distributor Warner Bros. expects *Harry Potter* to soar well past the \$300 million mark and easily break into the top 10 list of all-time top-grossing films.

It could even head toward the \$400 million mark, putting it among the top-grossing four or five films, said Jeff Goldstein, Warner's general sales manager.

Whether it can approach the \$601 million of domestic box-office champ *Titanic* remains to be seen.

"It's just too early to tell," Goldstein said. "Whether we can go for the all-time record, that's something we won't know till four or five weeks out from now."

The movie might be able to match the \$461 million gross of the No. 2 film, *Star Wars*, or the \$431 million take of No. 3 movie, *Star Wars: Episode I — The Phantom Menace*. The top five is rounded out by *E.T. The Extra-Terrestrial* at \$400 million and *Jurassic Park* at \$357 million.

Warner reported that *Harry Potter* continues to draw solid return customers, but it will have a hard time approaching the repeat business of *Titanic*. Teen-age girls saw *Titanic* over and over because of heartthrob Leonardo DiCaprio.

Estimated ticket sales for Friday through Sunday at North American theaters, according to Exhibitor Relations Co. Inc. Final figures were to be released Monday.

1. *Harry Potter and the Sorcerer's Stone*, \$24.1 million.
2. *Behind Enemy Lines*, \$19.2 million.
3. *Spy Game*, \$11.2 million.
4. *Monsters, Inc.*, \$9.4 million.
5. *Black Knight*, \$5.7 million.
6. *Shallow Hal*, \$4.7 million.
7. *Out Cold*, \$2.9 million.
8. *Domestic Disturbance*, \$1.9 million.
9. *Amelie*, \$1.4 million.
10. *Heist*, \$1.2 million.

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11-1 PM			Chem 227 Tiner Final	Biol 113 Final Review #3	Phys 201 Final Review #2	Chem 101 Peck Final		
1-3 PM			Chem 102 Final Review #1	Chem 102 Final Review #2	Chem 107 Final Review #2	Chem 227 Final Review #2		
3-5 PM	Chem 101 Final Review #1	Biol 113 Final Review #2	Math 151 Final Review #3	Chem 227 Pennington Final	Phys 218 Final review #3	Phys 201 Final Review #3	Chem 101 Williamson Final	2-4 PM Phys 218 Bassichie Final
5-7 PM	Biol 113 Final Review #1	Phys 218 New Material	Chem 101 Final Review #2	Chem 101 Final Review #3	Chem 227 Final Review #1	Chem 101 Conway Final	Chem 227 Sulikowski Final	4-6 PM Phys 202 Kennefick Final
7-9 PM	Phys 201 Final Review #1	Math 151 Final Review #2	Chem 107 New Material	Chem 107 Final Review #1		Chem 107 Final Review #3	Chem 107 Final Review #4	6-9 PM Chem 102 Mullilo Final
9-11 PM	Math 152 Final Review #2	Math 152 Final Review #3	Phys 218 Final review #1	Phys 218 Final review #2		Phys 218 Final review #4	Phys 201 Final Review #4	9-MID Chem 101 Soriaga Final
11-1 AM	Phys 208 Final review #1	Phys 208 Final review #2	Phys 208 Final review #3	Math 152 Final Review #4		Phys 208 Final review #4	Phys 202 Kennefick Final	
6-8 PM	Math 141 New Material	Math 141 Final Review #1	Math 141 Final Review #2	Math 141 Final Review #3		Math 141 Final Review #4		
8-10 PM	Math 142 New Material	Math 142 Final Review #1	Math 142 Final Review #2	Math 142 Final Review #3		Math 142 Final Review #4		
10-MID	Math 131 New Material	Math 131 Final Review #1	Math 131 Final Review #2	Math 131 Final Review #3		Math 131 Final Review #4		