

AGGIELIFE

THE BATTALION

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PAGE DESIGN BY JULIE BONE

No-sleep zone

Lack of sleep among students causes more than half-shut eyelids

By Teresa Weaver
THE BATTALION

at 6:45 a.m.”
Jake Neal, a sophomore agriculture major in company K-2, has already noticed the difference.

“As a freshman I had trouble staying awake in class, and my grades definitely suffered,” Neal said. “I was so tired sometimes I would fall asleep standing up during march-ins. So far this year has definitely been better.”

Although professors call out cadets more often than other students for falling asleep in class, Gantt said, cadets are just the most recognizable sleepers because of their uniforms.

The cadets are not the only students on campus who feel the pressures of school interfering with their sleep. Kameron Gainer, a junior communication major, said lack of sleep slows her down and makes her stress worse.

“You try to get enough sleep, but if you’re taking a full load of classes, involved in a student organization and work full time to pay for school like me, it just doesn’t work out,” Gainer said. “I just try to catch up on sleep during the weekend.”

Reed said an average person needs seven-and-a-half hours of sleep a night, but that everyone is different, and that number can vary from three to 12 hours depending on the person. A good way to determine how much sleep you should be getting is to remember how much sleep you had during high school, when your stress level and work load was much lower, she said.

Stagni said that for students to stay on top of things, they need to be organized.

“It has to start with organizing your time. If you can plan things out, you can plan on getting sleep,” Stagni said.



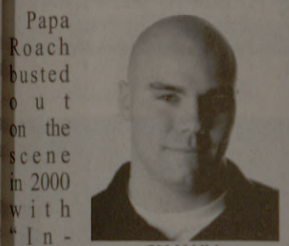
RYAN HUNTER • THE BATTALION

For college students who are less than enthusiastic about planning out hours of sleep each week, Reed reminds students to pay attention to when they are tired.

“If you have to stay up, there are short term solutions like caffeine, but if your body isn’t getting the sleep it needs, it will force you to sleep, no matter what you are doing,” Reed said. “In the long run, there is no way to get around not sleeping.”

ROKKEN ROLL THUNDER

Papa Roach
Getting Away
with Murder
Geffen Records



SHAWN MILLENDER

Papa Roach bustled out on the scene in 2000 with “In the Fest,” a different, easy-to-like album that compelled you to sing along despite its laughably maudlin subject matter. The band had a smash hit in “Last Resort” and exhibited a sharp sense of melody and competence in writing catchy hooks.

However, the band has been busy sabotaging its own musical credibility since then. Whether by act of a vindictive manager or pathological self-deprecation, Papa Roach toured the country on Eminem’s “Anger Management” tour. Lead singer Coby Dick started going by his given name of Jacoby Shaddix (whether this is an upgrade is highly debatable). They produced a lackluster sophomore effort by the name of “Love-hatred” that met with a mix of bad reviews and utter apathy.

Just when everyone thought Papa Roach was ready to roll over and die like so many other bands, they came back with “The Great Escape” and “See Roach on page 4.”

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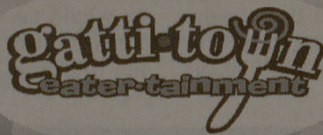
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