

[beds we love] Sleep Deprivation

By: Kelsey Kiley

What time did school start? 7:20 A.M. What time did junior high start? 8:08 in the morning. Not that big of a difference, yet if the traffic to school was to be avoided, the average student had to be out of the house by 6:35 or so. That was not fun.

On top of that, most teenagers were not hitting the hay until roughly midnight.

"It's not a 'late night' if I'm up until twelve or later, doing homework and all of the other stuff I have to do," said **Tamar Ingber, 11**.

The typical requirement for sleep is eight hours a night, but in actuality, it was recommended for teenagers to get up to nine hours and 15 minutes of sleep. Who had time for that?

Some kids did not get to sleep much over the weekend, and much less the school week. It was no wonder students were coming to school tired and napping in classes. Not everyone cared though.

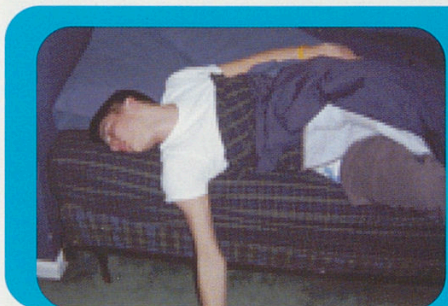
"I hate sleep. Its a waste of time. You seriously dont need that much," said **Max Glassner, 11**

However, his point of view definitely was in the minority. To nap, or not to nap. Was there time?

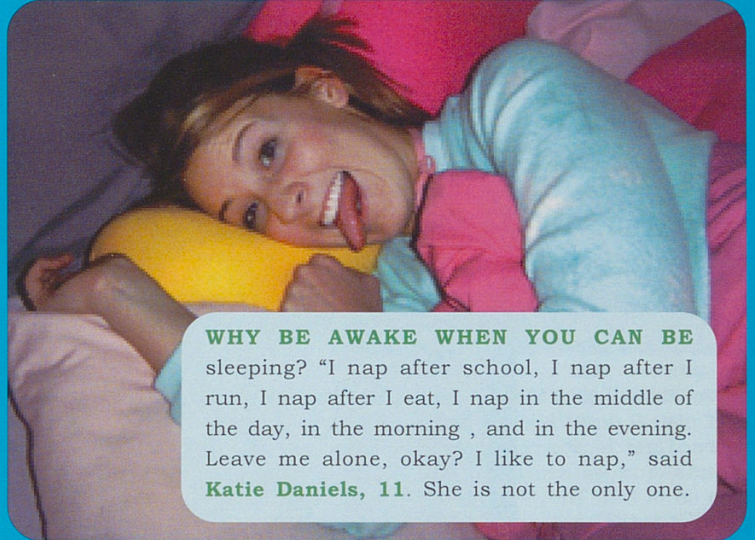
"Oh god, yes. My friends tell me I hibernate," said **Amanda Evans, 12**.

No matter what, everyone figured out a way to deal with their lack of sleep, even if it meant crashing on the nearest horizontal surface.

"OH, I NEVER GET TO SLEEP. I ALWAYS HAD SPORTS OR work or other stuff until late in the evening. So by the time I finished my homework, it was always really late. Plus school starts so stinkin' early I never get more than five hours of sleep. And on the weekends I stay out late, and then get up early to coach an early volleyball game or referee a lacrosse game. But sleeping is so purely amazing. It isn't stressful, it isn't work in any way, and I completely love my bed," said **Maggie Brown, 11**. Oddly, this is a normal week for most teenagers.



SOMEONE HAS AN IDEA TO CHANGE IT ALL for the better. "I think school should start later, and let all those kindergartners go in at 7. And not 9:30. Thats ridiculous. They're small. And stupid. And don't know whats going on. You know I'm right. Just make them go to bed at six, they won't know the difference," said **Dustin Amrine, 10**.



WHY BE AWAKE WHEN YOU CAN BE sleeping? "I nap after school, I nap after I run, I nap after I eat, I nap in the middle of the day, in the morning , and in the evening. Leave me alone, okay? I like to nap," said **Katie Daniels, 11**. She is not the only one.



BE CAREFUL. SOME PEOPLE TOOK THEIR sleep very seriously. "Someone had an idea to ask somebody [to a dance] by putting an alarm clock set for midnight under their bed and then tape a note to it, but I'd be angry for being woken up. I'd say no just for making me lose that precious sleep," said **Liz Walsh, 10**.



WHATS THE BEST PART about sleeping? "Complete lack of thought," said **Eric Knox, 11**. When asked why he napped so often, he replied, "Because teachers won't let me sleep in class." Yet **Knox's** final words were "Sleeping is overrated, lets all party!"

