

Have you seen this girl before?
If you know where she's from, come in guess & win a prize




MULLIGAN'S
IRISH PUB

Mondays
• Free pizza with a pint
6pm - 12am

Fridays
• Free pool

Everyday
• Large PBR Pitcher \$5.00
• Hot food • 25c pool

2841 Willamette • 484-1727

Adult Shops

New Releases weekly
VHS & DVD
5-day Rentals
Over 3,000 DVDs

• Arcade
• Novelties
• Games
gift cards available

(4) \$8.95
VHS tapes
for only
\$19.95

ADA accessible

HE & SHE I
290 River Rd., Eugene
688-5411

HE & SHE II
720 Garfield, Eugene
345-2873

ALBANY
I-5 EXIT 233, 3404 Spicer Dr.
541-812-2522

Semi-Annual

20% SALE

Thursday - Sunday

20% OFF

- general books
- UO sportswear
- gifts
- art supplies
- school/office supplies

June 2 - 5

Some exclusions do apply.
Sale at main store only.

UNIVERSITY OF OREGON
BOOKSTORE
UOBookstore.com

All-nighters: People low on sleep are not at full potential

Continued from page 1A

without sleep can be slim.

"It's actually worse for the ability to remember," Leith said, adding that sleep allows the brain to regenerate and process information.

Leith said there is no "space bank for sleep," so people cannot put off sleeping for prolonged periods because the body is designed to rest at certain times. The optimal times to sleep are between 10 p.m. and 2 a.m., Leith said.

"The way our bodies are set up, we're supposed to sleep when it's dark and be awake when it's light," Leith said.

Lack of sleep also affects moods and may add to already high stress levels.

"If you are sleep-deprived you tend to be more irritable," Skellercf said, adding that it's also easier to cry or get into confrontations.

Leith said even trying to have a normal conversation can be difficult with prolonged lack of sleep, which may be something students should consider if they are preparing for an oral presentation.

Staying up has also been associated with excessive eating and high blood sugar levels.

"When you stay up all night, there's a change in the hormone affecting food intake," Skellercf said. She said people usually feel hungry, in part because of an increase in the levels of stress hormones, and they crave high-fat and high-sugar foods but do not burn as many calories.

"People who are chronically sleep-deprived tend to have higher levels of those stress hormones," she said.

Lack of sleep can also make one more prone to illnesses.

"It suppresses the immune system," Skellercf said. Those who have been sick should try to get more sleep in order to allow their bodies to recover, she said.

However, some students believe they have few choices as they deal with busy college schedules.

Senior Deanna Johnson said she usually gets six hours of sleep each night during the term and that during Finals Week she will probably sleep about three to four hours each night.

"I guess I feel I work really well under pressure," Johnson said. "I usually try to do typical cram sessions, and it works for me so far. I guess it keeps it fresh in my mind."

Johnson said she does have to drink "lots of coffee in the morning."

While many people gulp down cups of coffee or soda to stay awake, experts say these stimulants can only help so much.

"They do keep you awake," Skellercf said. "(But) even though you're awake, you're not performing as well."

All-nighters have not worked well

for University junior Jessica Nelson, who says she usually tries to get at least seven and a half to eight hours of sleep each night.

She said while she was at Lane Community College, she was the "queen of procrastination" and once stayed up all night to do a paper.

"The paper ended up being crap," Nelson said, adding that if she stays up too late she starts to lose concentration.

"If I stay up late cramming, it's going to be a waste of my time," Nelson said.

Senior Adrian Trumbo usually sleeps for about nine hours per night. But with the term almost over, he expects five to six hours of sleep time — he had two projects and a Web site assignment due this week and has four exams to prepare for next week.

He said he tries now to get enough hours of sleep to function.

"If I got three hours of sleep, I'd be a mess," he said.

Even if students do want to sleep, stress may keep them awake because they may have a lot on their minds.

"Students are so stressed; that's one of the reasons why they can't fall asleep," Leith said.

Stress and sleep deprivation go hand in hand, Leith said.

"Because of stress and because of other obligations, the thing (students) neglect the most is their sleep," she said.

Aside from stress, sleep disorders may also cause sleep deprivation. These disorders include insomnia, where one has difficulties falling or staying asleep, and sleep apnea, where breathing is interrupted repeatedly for short periods of time. According to the NSF poll, 75 percent of Americans suffer from at least one symptom of a sleep problem such as snoring or awaking during the night.

Most people learn to live with however much sleep they can get, but Leith said even if people adjust to minimal sleep patterns, they are not working at their full potentials when awake.

"You can get used to it and be able to function, ... but your body still needs that sleep," Leith said. "When your body is ready to sleep, you should sleep."

Both Skellercf said Leith said better long-term time management and prioritizing can help students avoid the last-minute pressure of late nights and all-nighters.

"It takes making sleep a priority," Leith said. "I believe when you're able to do that, you'll definitely see a beneficial difference."

Johnson said she would like to get more sleep but that it's not possible.

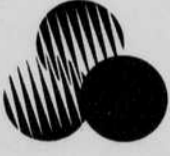
"Between school and work and homework, it's just not feasible," she said.

ayishayahya@dailyemerald.com

KECK GRADUATE INSTITUTE
of Applied Life Sciences

Do you:

- Have a passion for science?
- Find the business world intriguing?
- Want to discover new career paths for scientists?
- Want to enhance your professional skills?
- Want to network with CEOs, entrepreneurs, and leaders in science and industry?

kgi.edu 

A member of the **Claremont College Consortium**, Claremont, CA

MASTER of BIOSCIENCE

APPLICATION DEADLINE: **JUNE 15, 2005**

Presidential Scholarships available (\$20,000) to all successful applicants.

UO Bookstore Book Buyback Online

CHECK CURRENT PRICES OF YOUR TEXTBOOKS, BEFORE YOU SELL THEM BACK.

<http://uobookstore.com/coursebooks/CCRA>

UNIVERSITY OF OREGON
BOOKSTORE