

"We are expected not to sleep"

A day in the life of a college student is very busy. We have an endless amount of responsibilities ranging from school to work. Sometimes it seems impossible to juggle extracurricular activities, maintain good grades and have a social life. Something's got to give!

"I don't want to miss out on something"



Whether it be finishing a creative project or watching our friends dance on the bar, it seems that there are more important things to do than sleep. C'mon, we should enjoy the college experience.

Our priorities typically look like this:

- *School / homework/ studying
- *Work
- *Organizations and clubs
- *Spending time with friends/ letting loose
- *Sleeping

"Sleep is important, but not attainable"

Even though we hit snooze at least once in the morning, we come to campus to find the SIUe Starbucks line to be a mile long. This is most likely a sign that we are very tired SIUe students.

"If I was a coffee fan I'd drink it, but I drink energy drinks"

It seems that SIUe students are substituting caffeine for their sleep. Why not? redbull gives you wings. Just kidding, but the effects of this habit can be serious.

SIUe students are drinking one to four cups of coffee a day. It seems clear, "sometimes staying away from caffeine is not an option." Or is it?

Although a warm cup of coffee on a cold day is like heaven for a college student, it can be harmful:

- *coffee can contribute to weight gain - "I remember when I started drinking coffee and started gaining weight"-SIUe senior (male)
- *Contribute to sleep deprivation and anxiety

"Everyone is doing the same thing"

As students, we don't hesitate to think about the consequences of sleeping...

- *late homework assignments
- *bad test grades
- *losing our jobs
- *missing out on something fun

We are all facing this challenge, and the sacrifice seems to be worth it.

"When I don't sleep I kind of just make it through the day"

But if we are all doing the same thing, this must be how we are feeling.

According to fellow SIUe students we are:

- *Drinking up to four cups of coffee per day
- *Gaining weight
- *Experiencing stress
- *1/5 students admitted to falling asleep behind the wheel.

But if this isn't happening to you then you probably aren't thinking about it.

