

ARE YOU SLEEP DEPRIVED?

Cornell University psychologist James Maas, reports that most college students suffer the consequences of sleeping less than they should. To see if you are in that group, answer the following True/False questions.

True or False?

- _____ 1. I need an alarm clock in order to wake me up at the appropriate time.
- _____ 2. It's a struggle for me to get out of bed in the morning.
- _____ 3. Weekday mornings I hit the snooze bar several times to get more sleep.
- _____ 4. I feel tired, irritable, and stressed out during the week.
- _____ 5. I have trouble concentrating and remembering.
- _____ 6. I feel slow with critical thinking, problem solving, and being creative.
- _____ 7. I often fall asleep watching TV.
- _____ 8. I often fall asleep in boring meetings or lectures or in warm rooms.
- _____ 9. I often fall asleep after heavy meals or after a low dose of alcohol.
- _____ 10. I often fall asleep while relaxing after dinner.
- _____ 11. I often fall asleep within five minutes of getting into bed.
- _____ 12. I often feel drowsy while driving.
- _____ 13. I often sleep extra hours on weekend mornings.
- _____ 14. I often need a nap to get through the day.
- _____ 15. I have dark circles around my eyes.

If you answered “true” to three or more items, you probably are not getting enough sleep. To determine your sleep needs, Maas recommends that you “go to bed 15 minutes earlier than usual every night for the next week – and continue this practice by adding 15 more minutes each week – until you wake without an alarm clock and feel alert all day.”