

## ***ZZZZZ SLEEPING ZZZZZ***

As a college student there seems to be time for everything else but sleep, and believe me when I say it catches up with you. Before you know it you are dozing off in every class, missing important information, and you feel really lazy. I started realizing I was sleep deprived when I showed all of these symptoms. I needed to make a change in my life, or else my life would be going down the tubes and fast. Not getting enough sleep not only affects your grades and school habits but it also harms your health as well. So when I was presented with this health diary project I thought, what a perfect opportunity to change my poor sleeping habits and get a good night sleep every night.

Monday March 2, 2009

I always hate getting up on Mondays, this is the worst day to wake up and go to class because the weekends really pay a toll on my sleeping habits. I didn't go to bed last night till about 2:30am because I had so much homework to catch up on. I was so tired this morning that I actually felt sick and had a headache. I worked until 3:00 Am both Friday and Saturday, and slept until 2:00pm Sunday. Being up all night and sleeping the day away, really messes up my sleeping schedule. When it comes to Sunday night I am lying in bed trying to sleep until 3:00 AM or so, then having to wake up for my 8:10 on Monday is awful. I am starting my health diary today, and am going to bed at 8:00 PM tonight so it gives me about two hours to fall asleep by 10. I really hope this works. Goodnight.

Tuesday March 3, 2009

Good morning, it is 9:00 am, and I still feel exhausted, even though I got 10 hours of sleep last night. I did stick to my plan of getting into bed at 8:00 PM but I didn't end up falling asleep until

11:00PM. I guess I am just over tired. Ill come back to the journal later tonight and let you know how I feel.

It is now 5:00PM and I had a productive day, my class wasn't until 12 today, but instead of sleeping the day away and waking up ten minutes before class I woke up at 9 and went to the gym, ate a good breakfast and got some homework done. I am going to take a shower, relax (because I already got my homework done) and go to bed early. I am already starting to feel good about this, I feel healthier too. I am usually starving after my second class and will eat everything in site, and now that I wake up early enough and eat a good breakfast I'm not hungry until about 1:00pm. Good night.

Wednesday March 4, 2009

Last night was one of the best sleeps that I have had. I also forgot to mention last night was one of the big party nights here at southern and all of my friend went to the bar and are talking about how they didn't get back till 3:00 this morning, and cant go to any of their classes today because they are too hung over and way to TIRED! Not me, I was up at 9:00AM again going to Conn Hall to eat a good breakfast and then off to the gym. I was alert in my lecture today, I usually and nodding off half way through it, but now its almost like I am more interested in my notes that I am taking. Tonight I'm going to go out and get some dinner with my boy friend, usually Wednesday is the night he sleeps over, but I'm going to not have him over tonight and see the difference of how tired I am for tomorrow versus last Thursday. I know he is going to be disappointed but I am on a roll with this and can't stop now!

Thursday March 5, 2009

Even though my boyfriend was a little upset he couldn't sleep over last night we still had an amazing dinner together and I was telling him about my new sleeping habits and how I feel like a

new person, he is thinking about trying it. I went to bed last night at about 10:30 and woke up at 7:30 for my 8:10, to eat breakfast, I felt great once I had food in me. Tonight is the big night to go out, they call it “thirsty Thursdays “, on account of how much people drink when they go down town to the clubs. One of my girl friends said she would stay in with me because she felt bad leaving me behind. Even though I would usually be the first one out the door to the club, I am sticking to my guns and staying in. I am starting to feel the change in my body; I have a lot more energy, and feel more alert of everything. Before I almost felt like I was in a daze all the time. Its 10:00PM I am going to bed when everyone’s night is just beginning.

Friday March 6, 2009

It took me a little longer than I expected to fall asleep last night, I think it was because I was thinking of how bad I wanted to go out, but I am happy I didn’t. Even though I didn’t have any classes today, and could be sleeping the day away right now, I am up and ready to have a good day, I am going to the gym and eating a good break fast again, and then maybe going down town for some lunch. Its almost like you are missing out on life with a messed up sleep schedule. When I slept the day away before I really was missing out on some great things, for example, If I had not gotten up early today I would have missed out on a an art show down town. I would never have that moment back again, all because I didn’t get a good night’s sleep.

Saturday March 7, 2009

Yesterday was amazing!!! I woke up around 9:00 am, went to the gym, ate breakfast, and then went down town for my friends art show! There are so many things to do down town than just go to the clubs and get drunk! We went to this cutest little café afterwards, then, we took a walk around the green. I was telling her all about my new sleeping habits and how good I was doing, she was telling me her uncle did the same thing about a year ago and still sticks to his schedule,

he lost 20 pounds and has never felt better. That was very encouraging! I know that there will be some nights that I don't go to bed at exactly the time that I want to but I have realized that I can't keep sleeping the day away, because then it is only going to set me back for the next day. Today I woke up at about 9:30 and repeated the gym and breakfast, then took an hour nap because I was a little worn out from my busy day before. I went and saw my boyfriend up at Uconn, ate dinner and came back to school. It is now 10:00 and I'm heading to bed. I am pretty tired from today, usually I would sleep up at Uconn and party all night and sleep all day tomorrow, but not tonight! GOOD NIGHT!

Sunday March 8, 2009

Since Sundays are a day of rest I didn't go to the gym and ate a late breakfast, I woke up at 10:30, I let myself sleep a little longer because I did have a busier week this week (with my new schedule) and so I thought I owed it to myself to sleep in today. I am going to go home around 1:30 to see my family and eat with them. I love going home and relaxing by the fire with my whole family for Sunday night pasta! It is now 8:30PM, today was extremely relaxing, and I feel well rested and ready for another week of good sleep! This time last week I was so tired I couldn't see straight, I came straight back to school from my house and did homework till about 2:00am, then had to wake up the next morning for my 8:10. I already did my homework for the weekend, so all I have to do is take a shower and get into bed.

Looking back it is amazing to see the difference only one week of consistent nights of sleep can do for you! Last Monday I was cranky and felt sick from the sleep I wasn't getting. My sleeping schedule was all over the place and I didn't know whether I was coming or going half the time. I also realized my body is a machine, and it not only needs the proper amount of sleep but working out and eating breakfast are also one of the two most important things your body needs

to function properly throughout the day. From changing my sleeping habits, it created a whole new lifestyle for me, I actually go to class now and stay awake through the whole thing, my diet is better, and I just feel healthier over all. I highly recommend sticking to a consistent sleep schedule it changed my life, and I hope it will change yours too.