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AP Language and Composition

3 November 2014

Who says zombies don't exist? Every day they appear in droves, mindlessly wandering the halls of our schools. These zombies are the culmination of a variety of distractions. Of course, a good sized portion of these teenagers are staying up to peruse their different social media networks. However, there are groups that exhausting themselves to further their education, rather than enjoy their social lives. The pressure residing upon our generation's students has caused them to prioritize academics over sleep.

Adolescents in today's society are facing unique series of problems. Everyday in the classes, the hallways, and through technology, school staff members are pushing students to challenge themselves. AP courses are constantly being romanticized, ignoring the aversive aspects of the courses. The benefits are plain and simple. It's done this way on purpose. Rarely will you get a warning when enlisting for an AP class about the endless pile of work awaiting you, let alone the amount of sleep loss involved. Homework loads often exceed two hours on a nightly basis. This might not seem like much, but coupled with extra curricular activities, work, and responsibilities around the house, this quickly becomes overwhelming. Around the globe, change is being called upon, but the right solution may prove simpler to implement than the popular opinion may hold. Many people wish to push back start times, allowing high schoolers to sleep in later. Although, this solution seems great, it is highly flawed. By starting school later, we would only be shifting the problem to another time. They would simply stay up even later

because they're being released from school later. If we include a 15-20 minute power napping block into our schedules, schools would be released at nearly the same time, and the students would feel refreshed.

Napping is a natural occurrence that should not be frowned upon before its full benefits are understood. 85% of mammals habitually nap, a percentage humans should be a part of. Both young children and older adults find themselves napping on a daily basis. Why should those in the middle break free of natural order? Studies have shown that napping has the potential to boost an individual's energy and focus for a short time by allowing the brain to take a break. Circadian rhythm dictates when people become tired and when they feel awake. This circadian rhythm actually includes one period of prolonged sleep, in addition to one shorter segment of rest. By ignoring this natural drive to sleep, we are depriving our brain of required rest and forcing it to work past its limit. While, napping is an efficient way of boosting your brain's potential, there are other factors and methods that will assist its functioning. Caffeine has become especially popular in modern cultures. As counterproductive as it may sound, napping immediately after drinking coffee is one of the more effective ways of gaining quick attention boosts. The caffeine takes about 30 minutes to affect your energy levels. If you nap within this time period, you are gaining from both the nap and your choice of a caffeinated beverage.

Instances of the helpful nature associated with napping can be seen in a multitude of places. For example, NASA requires that their astronauts nap regularly. By doing so, it is estimated that their performance increases by as much as 34% and their alertness increased by 100%. Even outside of testing industries power napping has shown its positive potential. Power napping clubs are being started in high schools around the nation. The members in attendance

agree that its a peaceful opportunity to just be able to stop and rest. A case study at the University of Massachusetts Amherst was conducted, splitting primary school students into two groups. The control group who wasn't allowed to nap, and the experimental group who napped. In between they were given a list of words to remember. Those who napped that day remembered a greater number of words after a period of time away from the activity. However, those who scored highest napped on a daily basis away from the study. This is due to the brain's ability to process information just learned while sleeping, a process known as encoding. Some people may wake up from naps feeling worse and disoriented, a feeling commonly referred to as sleep grogginess. This is because they woke up during one of the brain's deeper sleep patterns. By setting an alarm for 15-30 after you would fall asleep you can prevent this unfortunate side-effect.

The power of napping is largely underestimated by both students and professionals. The evidence has exhibited time and time again the increases in alertness, performance, and cognition. These come in addition to the overall sense of restfulness of a successful nap. By allowing students to nap in school, we could cut back on the amount of time they need to sleep at night but not fully replace it. Napping in school would pave the way for a better prepared nation.

Presentation Notes:

- How many of you guys feel like you're not getting enough sleep at night?
- How many of you would attribute that to you just staying up wasting time?
 - Twitter, Instagram, and other social media outlets
- How many of you would say that it's because of an excess of homework?

- Doctors recommend that people our age get about eight hours of sleep at night
- Most kids our age are barely getting five hours
- Obviously much of this can be attributed to poor time management and procrastination
- Some of this isn't entirely our fault though
- The amount of responsibilities we have can be overwhelming sometimes
- Personally I have work, school, and chores around the house to take care of
- Its especially hard to get up some mornings

- Now many might say that starting school later is a great alternative
 - We get to sleep in later and are able to stay up later
- However, no matter how late you push back the start time, there's still only 24 hours in a day
- I'd still be spending the same amount of time on each of my various tasks throughout the day
 - The only difference is it would happen an hour later
- There is a probable solution though
- Power napping only takes up an extra 20 or 30 minutes of the day and can produce surprising results
- High schools where this has been implemented are reporting that students are enjoying the opportunity to just stop and take a break
 - They feel napping helps them remain focused and prepare for the rest of their day
- I know that many of us experience a sensation known as sleep grogginess
 - Where we feel more tired after waking up than before laying down
- The reason is we slept to the point where our bodies were able to enter their "deep sleep" mode
- If you set an alarm before going to sleep and wake yourself up during a lighter stage, you'll feel more rested than if you had slept for say an hour

- The exact benefits of napping are hard to make quantitative data
- Industries like NASA have reported 100% increases in alertness and 34% increases in performance
 - How they get these numbers remains a mystery to me, but one thing doesn't
- Napping definitely helps
- Elementary schoolers have been tested using simple memory tests and by simply taking a short nap in between cycles, they were outclassing the other groups
- To see for yourself try taking a nap immediately after drinking coffee
 - the results may surprise you