

"I have a recurring dream that..."



"I'm in a neighborhood riding my skateboard, when I notice a cliff at the end of the street. I try to stop but end up tripping on a curb. Before I reach the cliff, I always wake up. I've dreamt this at least four times in the same order. I don't know why."
-ron norman-11



"I'm at Ross Middle School in a classroom. Suddenly, there is a meme troll face floating behind me. I begin to run and end up in my house. When I look back, there are multiple memes outside. It's so weird."
-jose gamboa-9

at the end of the day

by lizbeth perez

It's been a really long day. Just about every teacher assigned homework, and you had to **rush** through lunch. On top of that, you were late the day before, so you had to serve detention. Oh, and then there was practice 'til six. You need sleep, and you need it now. But wait, you put off a two-page essay assigned two weeks ago, and it's due tomorrow. You won't be getting any **sleep** before midnight. Ain't gonna happen.

What's something you **HAVE** to have with you so you can fall asleep?

"My boyfriend gave me this teddy bear, and I have been sleeping with it ever since. I really like it because even though it's small, it's very soft and comfortable."
-annette hernandez-10



"I have to have this blanket to sleep. It's small and soft, and I've had it for three years now. It means a lot to me."
-peter carbajal-9



"I must wear my socks to bed. I don't know why. I just think sleeping with your socks off is weird. I also don't like stepping on the cold floor in the mornings."
-adrian quintana-11

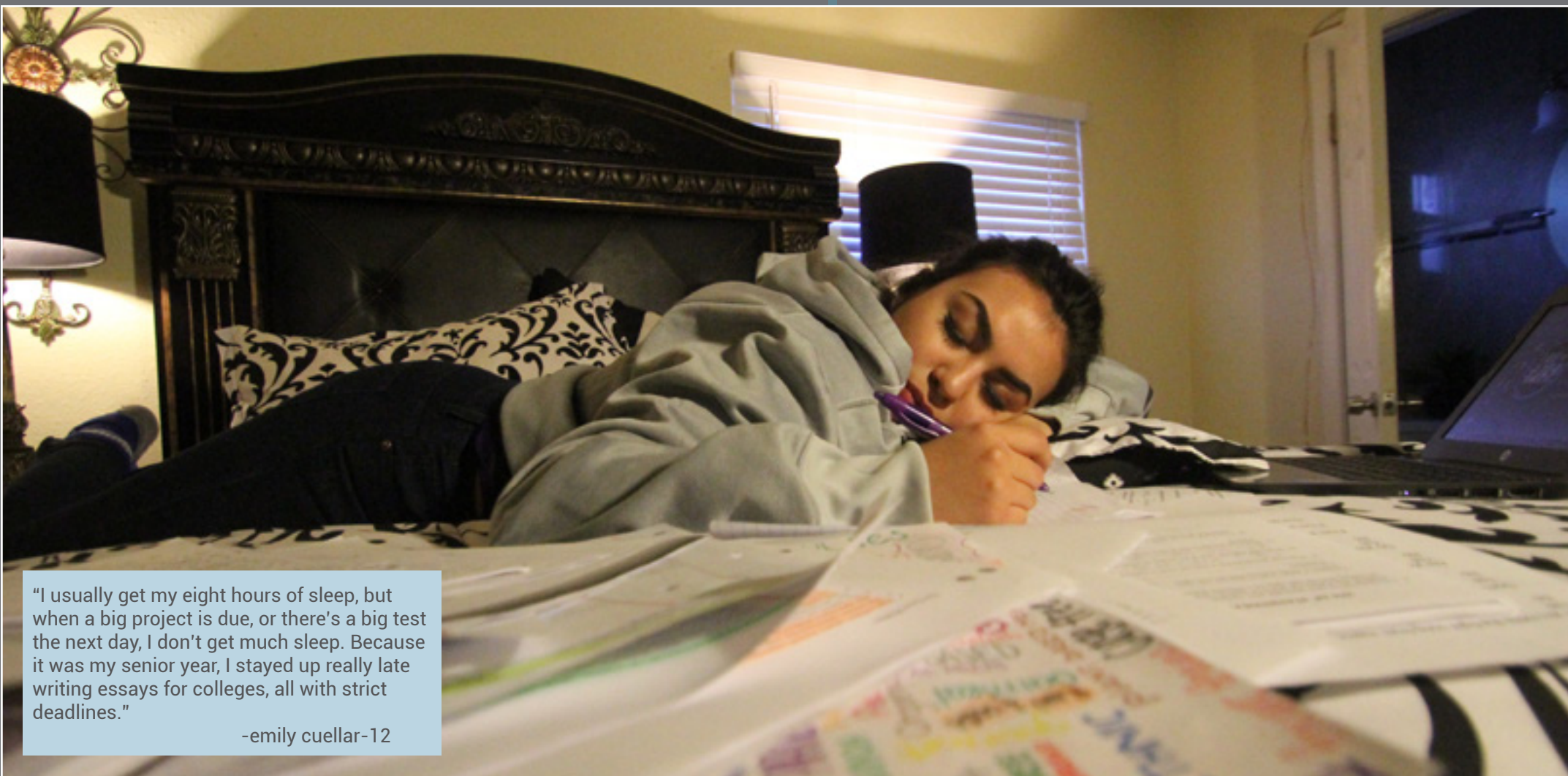


photo illustration by mikey provenghi

"I usually get my eight hours of sleep, but when a big project is due, or there's a big test the next day, I don't get much sleep. Because it was my senior year, I stayed up really late writing essays for colleges, all with strict deadlines."
-emily cuellar-12

what about you? (300 students surveyed)

How many times do you hit the snooze button in the morning?

never- 35.6%
1 time- 18.6%
2 times- 19.5%
3 or more times- 26.3%

How many hours of sleep do you usually get?

6 or less -30% 8 -24.3%
7 -33.3% 9 or more -12.4%

Who/what wakes you up in the morning?

Alarm- 60.6% Other- 6.6%
Family member- 32.6%

How many times a day do you nap during class?

Never- 53%
Once a day- 29.3%
All the time- 3.6%
Every other class- 14%

How important is sleep to you?

"I don't feel the need to sleep. I usually sleep about 30 to 35 hours a week, but on a bad week, I sleep about 12 to 16 hours. I start thinking about things, and I get distracted."
-aaron vaquera-12

"I have an unbreakable relationship with sleep. If I were to not sleep, I would turn into this mean, moody creature and actually go crazy."
-brianna muñoz-11

What do you **HAVE** to do before you go to sleep?

"I turn off my phone and almost all technology about an hour before I go to bed. It started out as a rule my mom had, but now I do it myself. I realized that I would stay up on my phone super late, and I wasn't getting enough sleep. I don't think it affects my social life. All I do is cut off my conversations a few hours before."
-isabella gonzales-11

"I close my closet door because I feel like someone is in there watching me or something. Ever since I moved into my new house over a year ago, a night doesn't go by when I don't close my door. Even when it's closed, I have to go and make sure it is."
-israel velasquez-10