

## TO SLEEP OR

In Mexico, the stores, restaurants and shops all close daily for the siesta. In the tropics and the Mediterranean people observed afternoon rest periods as strictly as Americans valued their lunch hours, and at the College students freely adapted, and even looked forward to, this activity which their mothers had previously attempted to force upon them: the Nap!





## NOT TO SLEEP

According to a study published in the Jan. 29, 1989 Parade Magazine, 55% of college students napped on a regular basis. St. Francis students seem to be on the 45% side of the college students who don't nap on a regular basis. Between the hours in school, work, homework and extra-curricular activities, who has time to sleep? Busy schedules often make it difficult for students to squeeze in much needed rest. Every day we see students walking aimlessly around the hallways or rubbing their eyes from too little sleep the night before.

We found students who showed us a few ways to catch up on those extra Z's needed, so if you have a few extra moments and feel the need to "rest your eyes" follow their example and catch a few winks.

