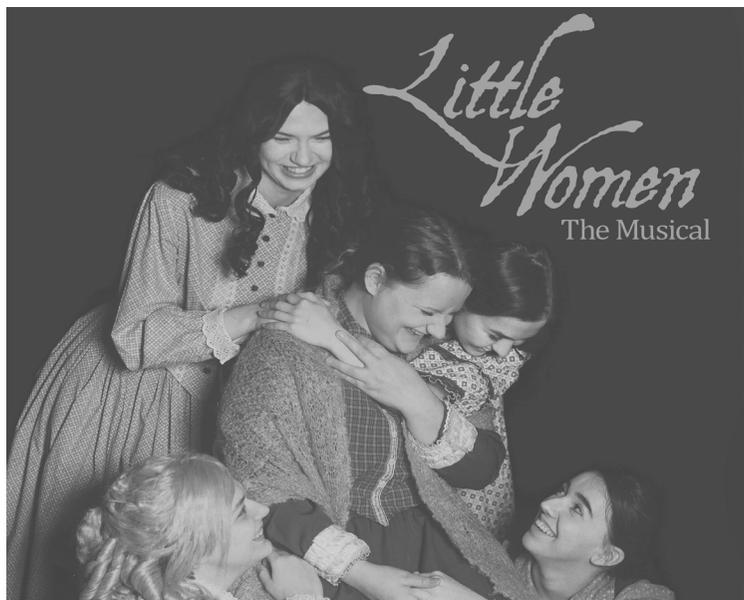


# 'Little Women' lands in stage spotlight



By Mallory Graves  
Staff reporter

Students will put on the "Little Women" production at 7:30 p.m. on Feb. 28 and 29 and at 2 p.m. on March 1 in Richardson Performing Arts Center.

Jenni Warren, musical theatre sophomore, is taking on two roles in this musical. She is playing Meg March and Clarissa.

Warren said, "My favorite part of a show process is seeing all of the elements come together. When the music, acting, costumes, set and lighting fit together, the magic really happens and the show comes to life."

Emily Robinson, musical theatre sophomore, is playing Marmee March in the production.

Robinson said, "I am looking forward to the opportunity to show the community how hard we worked over the last two months."

"My favorite part of preparing for the show is how the cast bonds together," said Robinson. "We spend a lot of time together, and we come out greater friends in the end, with inside jokes and awesome memories."

Raynee Case, musical theatre sophomore, is playing the lead role, Jo.

Case said, "Last summer, I played Anne Frank in 'The Diary

of Anne Frank,' but this is my first lead in a musical. I'm very excited and honored to be playing this role."

Brynn Hampton, musical theatre sophomore, said, "My favorite part of preparing for this event has been seeing the cast develop and make these characters into their own. The most challenging aspect that I've had to adjust to was playing a role that I don't traditionally play, and learning how to mold into the character of Aunt March."

*Mallory Graves is a sophomore majoring in communication. You may email her at mallory.graves@sckans.edu.*

## Sleeping strategies naturally refuel body

By Lathe Cobb  
Staff reporter

When transitioning from life at home to life in college, one will go through many changes. One of the biggest challenges that a student will experience is finding out how to sleep.

Sleep is a big part in our lives. Our bodies require long periods of sleep in order to restore and rejuvenate, grow muscle, repair tissue and synthesize hormones.

Whether your sleep comes from naps in between classes or long hours of sleep at night, there are tricks and strategies to get the best sleep you can.

Sticking to a sleep schedule can be one of the best things you can do. Trying to go to sleep and waking up around the same time will fortify your sleep-wake

schedule.

Alexa Powers, biology junior, normally goes to sleep around midnight, which is not very unusual for a college student. She generally wakes up between 7 and 8 a.m. One way Powers sticks to her schedule is by not napping.

Powers said, "I don't usually nap throughout the day, because I know if I do nap, I won't fall asleep."

She also limits her consumption of caffeine. "After a certain point, I know if I drink coffee I won't fall asleep, so I try not to drink coffee after 8," said Powers.

You should also pay attention to what you eat and drink and when. It is suggested to go to sleep neither hungry or full. Limit your eating to a few hours before you plan on falling asleep. The consumption of caffeine, al-

cohol and nicotine can have a disastrous effect on your sleep.

Creating a comfortable, safe environment can also help you fall asleep. This includes lowering the room temperature. This allows your core body temperature to fall, in turn sending signals to your brain that it's time to fall asleep.

"Clock-watching" is a common trend found with people suffering from insomnia. This behavior can cause large amounts of anxiety from sleeplessness. Hiding your clock from your immediate sight will be a quick way to help your sleep.

Working out, getting outside and turning off the electronics are just some things that will help you get a better night's sleep.

There are also strategies to napping. Ben Erdmann, health science freshman,

naps in 15-minute intervals.

Erdmann said, "I found out that if you sleep too long, you get into that grumpy state, so I'm not trying to get to that point."

25-30 minute naps allow you to avoid entering a deep sleep, in turn waking up more tired and cranky. A short nap can be very beneficial to someone who did not get enough sleep the night before.

If you are feeling more tired than usual, you can try a full-cycle nap. This 90-minute nap will allow you to enter REM sleep, in turn making you feel rejuvenated and ready to tackle the rest of your day.

*Lathe Cobb is a freshman majoring in communication. You may email him at lathe.cobb@sckans.edu.*

### - Tips from Page 2

That amount of time allows you to rest without risk of entering into a deep sleep and waking up feeling even more tired.

These short naps are especially good to take in between classes. Not only do you get some sleep in, but you also gain some energy back.

Now, this might seem like I am contradicting myself, but my third tip is, if you have the time, take a 90-minute nap.

I know I said not to go over an hour for a nap, but, after a couple of years and too many Google searches about sleeping, I have learned about the 90-minute full sleep cycle nap. Yes, there is such a thing.

If you are feeling particularly tired and have time for a 90-minute nap, your body will seriously thank you. This amount of

shuteye will allow your body to go into deep sleep, which can begin to make up for all your lost sleep.

Fourth, if you do not have time for a 90-minute or even a 30-minute nap take a power nap.

Even if you do not fall completely asleep, a five or 10-minute power nap can still be beneficial if you are feeling sleep deprived.

You can take a power nap almost anywhere, in the library or in the hallway waiting for the class before you to be let out - even in class, which I do not advise you to do, but is still doable.

Fifth, and this one is important, do not nap after 4 p.m.

If your tiredness is the result of sleep deprivation, taking a short nap in the middle of the afternoon can give your energy levels a boost. However, I would

not recommend napping after 4 p.m.

Napping in late afternoon or early evening can sometimes be the cause of my sleep deprivation. Napping later in the day can cause you to stay up later at night.

Last one, number six. Have a set time for bed to regulate your sleeping pattern.

I know this may sound silly, but I actually have a bedtime reminder. The reminder goes off 30 minutes before I need to go to bed and then sets an alarm for the next morning.

I have found this to be my savior. Every weekday, I use my bedtime alarm and I cannot imagine my life without it.

It helps me get a full night's sleep and keeps my sleep pattern regulated. If I get my regular sleep pattern, it definitely helps me get back on track.

There are a few others things that could

help you maximize your naptime and sleep time.

A sleeping mask is a great essential to having a good nap or sleep. Darkness is a major signal for your body to fall asleep. Create darkness by using a good-quality sleep mask.

Get sound-blocking earbuds. You need to return to a nighttime setting, so you must be able to neutralize the noises of the daytime and college environment.

Find a pillow. Do not forget this essential. A comfortable place to lay your head can make all the difference. Even a hoodie or jacket could work.

These are just some of the tips and tricks I consider while taking a nap or going to sleep.

*Lauren Sieh is a junior majoring in communication. You may email her at lauren.sieh@sckans.edu.*