

Snoozefest

It's a school night so you might have loads of homework to do or you might want to watch the last episode of the TV series you've been obsessed with, but it's midnight and you should be going to sleep. By not sleeping, you could be hurting more than your coffee budget. Experts share the facts about sleep and why we need it.

Tips from Dr. James Selenke on how to get the best sleep:

- Go to bed at the same time each night.
- Wake up each day at the same time.
- Don't eat a big meal before bed.
- Don't take a nap during the day.
- Don't have any caffeine at night.
- Don't watch TV before bed or fall asleep with it on.
- Have a quiet environment around you.

How does sleep benefit us?

- Aids in digestion
- Helps cognitive abilities
- Allows the body's cells to repair and heal

- John Paulson

According to The Sleep Foundation, not getting the proper amount of sleep can:

- Limit your ability to learn, listen, concentrate, and solve problems
- Cause acne
- Lead to aggressive behavior
- Cause weight gain
- Lead to illness

Why is sleep so important?

"It keeps you healthy and keeps your mind bright."

-Dr. James Selenke

Did you know?

We spend 6 years of our life dreaming.

What can your dreams tell you about yourself?
"Your dreams are more about your fears and urges."
-Kim Culham

the Dream Team



psychology teacher
Kim Culham

Hudson family doctor
Dr. James Selenke

science teacher
John Paulson

guidance counselor
Marcy Baltz

Why do we dream?

"Your brain analyzes your daily interactions and they become part of your subconscious."

-John Paulson

Just Dreamy

Our questions about dreams answered by The Dream Team.

What is happening in our brain when we dream/sleep?

Your brain goes through many stages but your body is really just preparing for REM sleep which stands for Rapid Eye Movement. In this stage, your brain is active but your body is in a paralyzed state. During Rapid Eye Movement, is when you begin to dream and your body begins to recharge for the next day.

How long do people have to sleep in order to dream?

Depends how long it takes you to get into REM sleep. It could take 30-60 minutes.

Why do some people not remember their dream?

Those people might not be getting to the REM stage. Such as, when you snore, you are obstructing your airways which wakes you up and you fall out of the REM sleep stage.

Average sleep for students on school nights



6 1/2 hours

How much sleep is HHS getting?

Average sleep for students on non-school nights



8 hours

Which grade gets the most sleep on school nights?



sophomores averaging 7 hours

Which grade gets the most sleep on non-school nights?



sophomores averaging 9 hours

What helps you fall asleep?



"Stretching before I go to bed helps me fall asleep because all my muscles are relaxed. Another thing that helps me is to take really deep breaths."

-senior Gabi Petry



"I like to listen to piano music by Yiruma to help me fall asleep. I also like to take a bubble bath and drink chamomile tea to help relax me."

-junior Emily Kaus



"Not eating or drinking for a while before going to sleep because the carbs will energize your body"

-sophomore Zach Buzynski



"When I have trouble falling asleep my first move is to pray. Praying definitely helps. My second go to move to get myself to sleep is reading a book. I have found that reading makes you very tired very quickly."

-freshman Megan Sigmund



Recurring Dream

Freshman Maddie Grams has a recurring dream that she was at the school with her sister and a big crowd of people. Maddie and her sister were getting chased by the clown from *Saw*, and they could never get away.



Scariest Dream

Sophomore Cam Fulcher's scariest dream he has ever had was when he was eight years old, he dreamed that his floor was covered in "red and blue" bugs. They were stacked up a foot deep on the floor, and he was running to his parents bedroom to get away from them.



Weirdest Dream

Senior Marqui Orr's weirdest dream was that he was in a Pac-Man-like maze, but it was really a junkyard, and he was being chased by someone.



Craziest Dream

Junior Alicia Zuck's craziest dream she has ever had was that she was going to the bathroom, and she looked out the window and saw Cookie Monster smoking a cigarette.