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Getting Enough Sleep

Getting enough sleep is as important in college as studying. I have already seen other freshman miss their midterms, fail exams, fall ill, and become deeply depressed after not sleeping for days or consistently sleeping too little. Personally, I struggle with falling asleep in class after practice. I do my best to stay engaged in lectures, but it is very hard for me to stay awake when I am sitting down and am already exhausted. I miss class lectures and course information which I need to study hard on my own time so that I do not fall behind. I need to sleep more at night by going to bed early. I already limit social interaction and go to bed earlier than all of my friends, but I think that I need to cut off social time an hour earlier. I also want to start taking sleeping pills so that I can fall asleep easier. It is very hard for me to fall asleep at night because the dorm hall is very loud and there is a street lamp right outside my window.