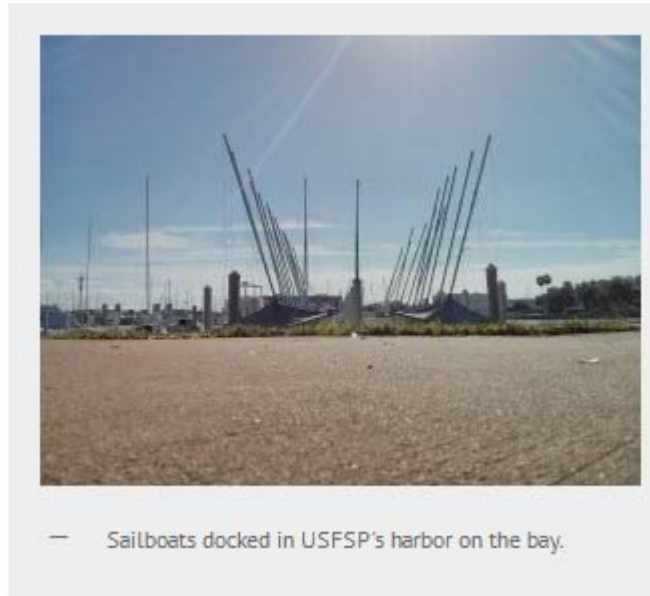


## 'burg Blogs »

# Relax, The End Is Near

Posted November 21, 2013 at 10:06 am by [Anthony Patterson '14](#)



Finals are coming **whether you like it or not**. For some, that means graduation. For most, it means stress.

College is an **enriching, lively** and exhausting experience. Most people would advise you to hit the books right now. My advice is simple: **Be responsible**.

It doesn't matter if you have one or six classes. We all have responsibilities that stretch beyond USFSP and they can overwhelm us.

*Note: If you don't have any responsibilities, passions or concerns outside of our campus I can point you to many wonderful causes.*

One responsibility we all have is to take care of ourselves. And I'm not talking about self-preservation or greed. I'm talking about SLEEP! We've all seen the t-shirts, mugs, and Facebook quotes telling us to 'Live. Laugh. Love.' But how come no one reminds us to rest more?

*That's why I'm here.*

Everyday we pass by our friends who look like they've been auditioning for **AMC's The Walking Dead**. We are a tired generation.

But did you know that you will probably die faster from not sleeping (10 days) than you would from starvation (14 or more days) ~~or a zombie apocalypse?~~ Yikes.

Two weeks ago I sat out on our awesome bay. I did some studying, wrote some things and **took an hour nap in the grass.**

I don't think everyone needs to go sleep on Harbor Lawn but it's fairly obvious we could all use a break. The problem for many of us is that sleeping prevents us from doing other things.

Check out "[16 Things You Didn't Know About Sleep](#)" created by Ellie Koning to see more sleep stats and facts. Also check out her [super awesome slow motion wedding video](#) that made global news.

Take a break and make time to sleep and relax. I know it may sound crazy. But the research shows that sleep pays off in almost every area of your life.

It's like getting paid to sleep...sort of.

Do you have any stories about falling asleep in class? Falling asleep at the wheel? Being irritable because of your insomnia? Comment below!

### About the blogger



I'm an undergrad Mass Communications student passionate about the Tampa Bay Rays, poetry, serving the community and changing out of phone booths.