

A Midterm's Nap: BYU Should Provide Napping Spaces

Finals are coming up, and if you're anything like me, you're not ready. There's so much to know, and it all seems to be slipping in one ear and out the other.

Not only are we attempting to study for finals, but we are also trying to get other things done, too. I spend part of each day talking to my friends, eating, and breaking the laws of time to get to class (once, I halved Google Maps' prediction of my tardiness).

Students just like you and me are all over campus. Stressed-out students are everywhere, but that's just part of school and the college experience. Exhausted, half-awake students are also everywhere—the light in their eyes has vanished, leaving them with empty, soulless stares.

That may be part of your college experience, but it shouldn't have to be. And yet, for some reason, it is—on many of the benches around campus, students aren't studying, but rather trying to get a few minutes of sleep.

As an undergraduate student myself, I have found myself on the brink of exhaustion on many a day. I often find myself waking up after five hours of sleep and hoping that I can perform somewhere around average on my quizzes that night. I stay up late to get a paper done for class the next day, but then during my 45-minute break between classes, I can't make up for those missed hours of shut-eye. I have the time required to nod off and increase my ability to pay attention in my next class, but there is nowhere convenient to do it.

I live on campus—you don't get much closer than that—but by the time I get back to my apartment, I have about 10 minutes before I have to leave for my next class. It's not worth the walk, so I just sit there on the third floor of the library, forcing my eyes to stay open as I stare at my computer screen, trying to stay conscious like many students around me.

Although there are lots of resources on campus for students struggling with everything from mental health issues to food insecurity, there is nothing available for tired students. We need to change this.

Students need somewhere they can go and take a nap where they don't have to worry while they're zonked out, somewhere they know they will be safe—where their belongings will certainly stay in their backpack, they can comfortably spread out and let their guard down, and they won't wake up with a crick in their neck.

Commented [KE1]: "Ten thousand years will give you such a crick k in the neck!" ;)

Students deserve nap pods.

Nap pods are the exhaustion solution used by smart businesses around the globe such as Google, Zappos, and Ben & Jerry's (Phelps). Each nap pod accommodates one person and has its own lighting and sound system that has been carefully catered to facilitate easy drifting in and out of consciousness. Installing nap pods in the library or at other locations around campus would allow students to catch some shut-eye in an environment that is set aside and specifically constructed for that purpose.

NASA has found that just 40 minutes of napping "can improve performance by 34 percent" and can completely restore your alertness (Phelps). Imagine if your test scores got 34 percent better—much of the stress from finals would abate, potentially making CAPS less crammed as well.

Harvard Law School, one of the most renowned law schools in the world, has a nap room (Sewani). Perhaps if we followed in their footsteps and created somewhere for students to sleep, we could get closer to rivaling their prestige and influence. The Egyptians had their sleep temples and the Romans had their midday nap; we deserve our own noon naps in sleep shrines.

Sleep is one of the most influential parts of our lives—we wouldn't spend a third of our life doing something that wasn't crucial to our functioning. Naps lead to more productive, happy lives. Since we as students spend so much time at school, BYU ought to look out for us, not only academically and socially, but also physically. Giving us a place to sleep and take a break would take a huge step towards fulfilling many of our needs.

We all need naps; the next step is getting a safe, close, and accessible space where we can.

Works Cited

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