

STUDENTS FEEL SLEEPY AFTER CLUB ACTIVITIES

# Sleep a problem for students



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**Usual scene**

Many students have various sleeping habits. Recently, the number of students who get little sleep and take naps during their classes is increasing. But, as we

often hear, sleep is one of the most important things in our lives. Scientists have researched how sleeping habits affect on us. As a result, scientists found

many things. First, sleeping habits change the lifespans of people. Second, sleeping habits change our health conditions. Third, sleeping habits change our character. In other words, our characters consist of our sleeping habits. You should try your best to form good sleeping habits.

Animals have various sleeping habits, too. For instance, cats sleep for about 12 hours every day. Dogs sleep for about 10 hours. Elephants, on the other hand, sleep for only about three hours. Zebras sleep for a mere 30 minutes. Flamingoes can sleep standing up, and dolphins

can sleep swimming. This is the result of their evolutionary progress. It also proves that sleeping is important in our lives.

Problems caused by a lack of sleep make us fat, sick, lower our memory power, and even lead us to commit suicide. For example, if a man reduces his sleeping time by one hour, his BMI will likely rise by 1.1. In 2014, a man who stayed awake for 48 hours straight to watch the soccer World Cup died because of the stress on his body. If we stay awake for three days, we begin to lose our ability to sense distance. After nine or 10 days, we even begin to see hallucinations.

Human babies need more than 18 hours of sleep per day. Young students need nine to 11 hours per day, while adults need seven to nine hours per day. Whether a student or an adult, there are a few things we can do to improve our sleeping habits. One is to take short naps. Another is not to drink coffee after 6 p.m. Another is to not use a smartphone before going to bed.

Let's all make sure to get enough sleep!

*By Yuki Tabata, Hideyuki Shiotsuki and Takuya miyahara*

## Fukuoka home to many famous places



SAM PHOTO

**Ohori Park**



**Hakozaikigu Shrine**

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Fukuoka has many famous spots to visit. One of them is Ohori Park. The circumference of Ohori Park is almost 2 km. In the middle, there is a large pond, on which there are several islands. Also, adjacent to the park is an art museum. Since it is open to the public and in the center of a big city, a lot of people visit Ohori

Park for walking and running. Additionally, the West Japan Ohori Fireworks Festival is a big event, with over 6000 fireworks and 450,000 spectators.

Hakozaiki Shrine is another famous place in Fukuoka city. Every autumn, it is the site of a big festival called Houjouya, which many people come to. There, they can see many stores selling yakitori and corn. Many people come to eat them and to enjoy the atmosphere of the festival. It is attended by over 100,000 people and has been held for over one thousand years. The purpose of the festival is to thank all living things, and to recognize that our lives depend

on theirs.

Marine World is another famous spot in Fukuoka. It is the biggest aquarium in Kyushu. The number of visitors it sees is 680,000 per year. In Marine World, there are many rare types of fish. Animals such as dolphins, sea lions, sea otters, sharks and turtles are bred and raised there. Among Marine World's many events, the dolphin show is regarded as being excellent. Visitors can enjoy Marine World even at night, when the illuminated views are especially fantastic.

By all means, please try to come to these famous places!

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