Feeling woozy first thing? You could be...

**Drunk on Sleep**

Kevin Naughton

**WAKING UP IS HARD TO DO**

**BENEDICT J. LAWRENCE**

19. Useless

I sometimes wake out of bed and look around for my glasses. I'm not nearly as bad as my brother, who wakes up in the middle of the night and tries to get into his glasses cabinet.

**AMY WUTTINE**

19. Wasteful

I work clean the house by myself. I throw away all the stuff that others wouldn't throw away because I like things tidy.

**LAUREN FRENCH**

23. St Agnes

Sometimes I forget to feed my dog or my cat when I'm busy with other things.

**MONIQUE GONZALEZ**

28. Brighten

I turn off my alarm and go back to sleep. But I don't want to sleep. It makes me feel sad.

**ANDREW KALLIMNICOS**

25. Snob

Sometimes I feel superior because I'm awake when others are still asleep.

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**Sunday Mail, January 22, 2006**

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**Some people wake up guaranteed for accidents when people start driving things which are in their own hands.**

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**The shorter run means more sleep trouble and is a reason to stay in bed longer.**

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**The trade off in sleep re patterns is clear—less in the afternoon, more in the evening.**

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