

SLEEPING IN CLASS

NOT WHAT YOU MAY THINK

I read a Chinese story which touched me, and I'm retelling it in English.

A man with a degree in opera was teaching singing in a community college. Students were taking the non-credit class just for the love of singing. A 40-something female student slept instead of paying attention to the instruction. The teacher was not upset about her sleeping since almost all the students had day-time jobs.

One semester passed. The woman showed up for the second semester, still sleeping during every class. The teacher got more and more curious, but he couldn't figure out a kind way to ask her about her sleeping.

Time passed. When she showed up for the next semester, he decided to find out why she always got so tired and slept during his classes. On one rainy evening, he offered her a ride after the class. With raindrops hitting the roof of his car, she told him about her situation. Her husband and two children had all died in an earthquake. She could not sleep well since. As long as she closed her eyes, she would see the images of her husband and children. She had gone through some psychological therapy, but nothing worked. Yet during these singing classes, she could fall asleep easily.

After her confession, the teacher just let her sleep during the class. She had been using the singing to soothe her mind.

This story is true.

– Lisa Heidman

