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[Midnight College Classes For Insomniacs](#)

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There is some very good news for people who have trouble sleeping: while you're tossing and turning at 2 a.m., some colleges are holding classes. That's right, if you like reading poems or crafting a better essay, Bunker Hill Community College in Boston offers a writing class to help you hone your skills as well or a psychology class for people whose sleep habits are out of the ordinary.

No, these classes aren't set up to help insomniacs; rather they're one way that colleges are able to respond to growing student demand for instruction, including of the late night variety.

Midnight Classes

Traditionally, most colleges have an evening program with classes that run to 9 - 9:30 p.m. with the occasional lab ending around 10:30 p.m. before lights are out for the night. Today, some colleges are offering earlier evening classes and then following up those up with additional classes which begin around 11:00 p.m. and run until 2 or 3 in the morning.

As demand for classes has surged, colleges are looking at innovative ways to respond. Many community and technical colleges report record enrollment as students seek to acquire new skills to help them train for tomorrow's jobs. But, overcrowded classrooms as well as classroom limits have forced schools to look for other ways to meet demand including holding classes at different times.

By starting some classes just before the stroke of midnight, these schools can reach shift workers who are still wide awake. Moreover, with one parent and children home sleeping, finding a babysitter is no longer a concern for some students.

Who's Who

[Bunker Hill Community College](#) isn't the only school currently offering late night classes or planning to add these courses next semester. We've tracked down a number of schools who have embraced "dead of night" instruction including these three:

[Community College of Allegheny County](#) – This Pennsylvania school will begin offering a welding class in January to keep up with student demand. That class will begin at 11 p.m. and end at 3 a.m., Monday through Thursday (Friday morning).

[Clackamas Community College](#) – In Oregon, another welding program is already underway as CCC has been offering a late night classes since the spring. Running from 10 p.m. to 2 a.m., welding instructor **John Phelps** reports that the late night class has helped keep up with student demand. "Instead of turning people away, we opened up new sections late at night because we thought it might work for some people, and it has," he said.

[Illinois Central College](#) – ICC in East Peoria, IL now has what they are calling its "Night Owl" classes. This January, students will be able to sign up for classes that begin as "early" as 9:15 p.m. with a handful starting closer to midnight. Indeed, every Thursday "Network Concepts" will begin at 11:30 p.m. and end at 3:05 a.m. ICC will be offering six classes that fall under this new categorization.

Morning Call

Some schools are also offering early morning classes to meet demand, starting classes at 6 a.m. Instead of the usual 8:30 or 9:00 start. That shouldn't be a challenge for some people who find themselves at the gym most mornings before heading off to work.

Photo Credit: [Michal Zacharzewski](#)