

\*\*SLEEP!\*\*

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|  |  |
| --- | --- |
| - **Hungry**? Have a small snack before bed- **Stressed**? Write down your thoughts before you get into bed or talk to a close friend/family. - Roommate **Drama**? Write down your concerns and ask to have a mediation meeting with your RA or Counselor or at Health and Wellness- Using **caffeine** or **alcohol**? Refrain from consuming any after 2pm- **Can’t sleep**? Get out of bed after 20 minutes of trying, sit on the floor and read a boring book or something you’ve read before. Get back in bed when you are tired.- Tired at 4pm but not 10pm? **Do not nap** – go work out / get some exercise or eat a little food. Keep yourself up until the time you want to go to bed.*Make your room as much like a cave as possible*: **cool**, **dark**, **quiet**. Have fun with your roommates to have a night time routine to **create-the-cave**.\*\*ZZZZZs\*\*- **Hungry**? Have a small snack before bed- **Stressed**? Write down your thoughts before you get into bed or talk to a close friend/family. - Roommate **Drama**? Write down your concerns and ask to have a mediation meeting with your RA or Counselor or at Health and Wellness- Using **caffeine** or **alcohol**? Refrain from consuming any after 2pm- **Can’t sleep**? Get out of bed after 20 minutes of trying, sit on the floor and read a boring book or something you’ve read before. Get back in bed when you are tired.- Tired at 4pm but not 10pm? **Do not nap** – go work out / get some exercise or eat a little food. Keep yourself up until the time you want to go to bed.*Make your room as much like a cave as possible*: **cool**, **dark**, **quiet**. Have fun with your roommates to have a night time routine to **create-the-cave**.\*\*ZZZZZs\*\* | - **Hungry**? Have a small snack before bed- **Stressed**? Write down your thoughts before you get into bed or talk to a close friend/family. - Roommate **Drama**? Write down your concerns and ask to have a mediation meeting with your RA or Counselor or at Health and Wellness- Using **caffeine** or **alcohol**? Refrain from consuming any after 2pm- **Can’t sleep**? Get out of bed after 20 minutes of trying, sit on the floor and read a boring book or something you’ve read before. Get back in bed when you are tired.- Tired at 4pm but not 10pm? **Do not nap** – go work out / get some exercise or eat a little food. Keep yourself up until the time you want to go to bed.*Make your room as much like a cave as possible*: **cool**, **dark**, **quiet**. Have fun with your roommates to have a night time routine to **create-the-cave**.\*\*ZZZZZs\*\*- **Hungry**? Have a small snack before bed- **Stressed**? Write down your thoughts before you get into bed or talk to a close friend/family. - Roommate **Drama**? Write down your concerns and ask to have a mediation meeting with your RA or Counselor or at Health and Wellness- Using **caffeine** or **alcohol**? Refrain from consuming any after 2pm- **Can’t sleep**? Get out of bed after 20 minutes of trying, sit on the floor and read a boring book or something you’ve read before. Get back in bed when you are tired.- Tired at 4pm but not 10pm? **Do not nap** – go work out / get some exercise or eat a little food. Keep yourself up until the time you want to go to bed.*Make your room as much like a cave as possible*: **cool**, **dark**, **quiet**. Have fun with your roommates to have a night time routine to **create-the-cave**.\*\*ZZZZZs\*\* |