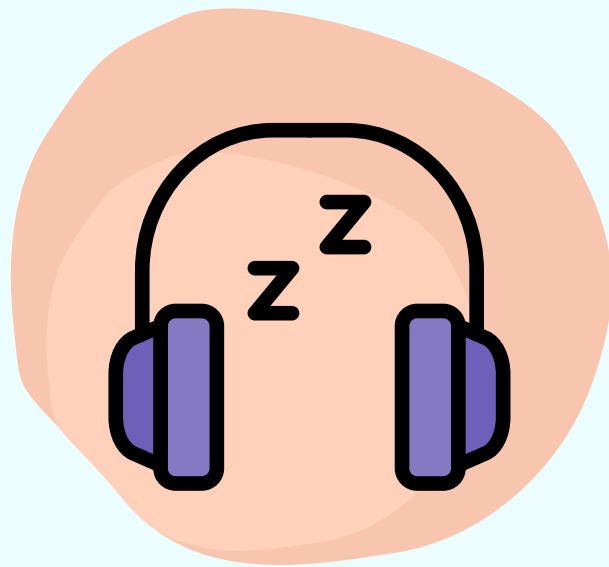


Five Tips For Getting a Good Night's Sleep in a Dorm Room



Create a sleep schedule

Keep a structured routine. If you've got an exam or a job interview, do everything to get as much sleep as you can. But otherwise, make it a priority to stick to your wake-up time.



Use tools to beat the noise

Consider using tools such as ear plugs or noise-cancelling headphones to help you drift off to sleep.



Create a comfortable atmosphere

Try to move your bed away from the door if you have a noisy hallway, or away from the window. Consider closing the curtains before bed or using eye patches.



Communicate with roommates

The key to living with anyone is communication. If your roommate is doing something which makes your life harder, make sure you are communicating with them!



Avoid caffeine before bed

Caffeine can have a disruptive effect on your sleep and lead to poor quality sleep. The recommended cut-off time for caffeine use is a minimum of six hours before bedtime!

