1. Studying
2. Anxiety/Depression
3. Other (irregular sleep, caffeine, excessive alcohol, side effect to Adderall or other amphetamines/drugs, )
**Activities that promote SLEEP**
- Turn off electronic devices
- Take a hot shower or bath
- Herbal tea or warm milk
- Soft, soothing music
- Comfortable bed and pillow
- Bedroom temperature 60-65 degrees

**Activities that decrease SLEEP**
- Caffeine and Tobacco
- Excessive alcohol
- Drugs
- Fear, Stress, Anxiety
- Depression

**HOW MUCH SLEEP DO YOU NEED? 7—9 HOURS**

- Increases learning, memory, metabolism, safety, immune system
- Decreases stress, weight, irritability
- Enhances good mood

**SLEEP…**
There’s an app for that!