

leep? hat?

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Drinking caffeine in the late afternoon or evening to get through studying or a night class, will also keep you awake at midnight when you are lying in bed trying to fall asleep.

- **If you lie down to go to sleep and 30 minutes later you are still awake, get back out of bed.** The pure frustration of not being able to fall asleep when you want to, can be enough to keep you awake. Get out of bed and do something that still fits into your calming nighttime routine and takes your mind off not sleeping. Then, after about 30 minutes get back in bed and try to go to sleep again.