## GET YOUR ZZZ'S

**Barriers**
- Feeling stressed and/or anxious
- No time to sleep
- Do not feel sleepy at night because I still have too much energy
- Falling asleep during the day and then not feeling tired at night

**Benefits**
- Improves your mood
- Improves overall health (initiates various healing processes, strengthens immune system, etc.)
- Strengthens memory and keeps you more alert (which can help with academics, work, etc.)
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**Solutions**
- Record your worries on paper and try to fall asleep again
- Prioritize sleep
- Exercise during the day
- Create and maintain a regular sleep schedule

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