

## Advice Column

# problems about *sleep*

- Read the problems below and discuss possible solutions.



# Ask Anita!

**Dear Anita,**

I just began my first year of university last month and I live on campus in the dormitory. I really enjoy my classes and I want to study hard and get good grades. My dream is to become a doctor in the future. However, I have a big problem: some of the other students in the dormitory like to have parties and they are very noisy. I asked them to be quiet, but soon they were noisy again. Now, I'm sleep-deprived. I sometimes fall asleep in class because I am so exhausted. I'm afraid that my grades will soon begin to go down. What can I do?

**Nathan**

**Dear Anita,**

I'm going to buy a new mattress next week and I need some advice. Which is better: a hard mattress or a soft mattress? Which is healthier for me and which can make me feel more rested in the morning?

**Phil**

**Dear Anita,**

Please help me. I often have insomnia – it's very difficult for me to fall asleep at night. I sometimes stay awake until two o'clock in the morning. I don't drink coffee or tea, so caffeine isn't a problem. I just lie in bed and think about everything that happened during the day, or sometimes I worry about everything that I have to do the next morning. However, I don't want to take any sleeping pills. What do you suggest?

**Samantha**



- Compare your solutions with different classmates. Do you agree or disagree with their ideas?