



How to Actually Get Sleep in a Shared Room?

**Your No-Stress Guide to
Catching Zzzs Even When Your
Roommate's Still Up**



You need real sleep—not half-naps
between scrolling and noise.

This guide helps you block out late-night
typing, rave lights, and lumpy mattresses
so you can wake up ready to face a new
day.



Claim Your Sleep Space

Turn your side of the room into a sleep zone, even if your roommate's side is basically a Best Buy showroom.

- Get a **clip-on reading light** for control.
- Use **blackout curtains** for bunk or lofted beds.
- Add a **mattress topper**—you'll never regret it.
- Keep a water bottle, lip balm, and a spare hair tie nearby.

Tuck in your sheets tightly—flailing in a tangled blanket ruins sleep faster than your roommate's midnight keyboard smashing.





Soundproof Your Brain

**Silence is golden, but dorms are loud.
You need tools.**

- **Earplugs** work wonders (yes, they're worth trying).
- **White noise machines** or **apps** block hallway chaos.
- **Rain, waves, or fan sounds** > "why are they dragging furniture at 3 a.m."

*Loop a white noise playlist on Spotify.
Just don't choose one that ends with
crashing thunder.*





Use a Wind- Down Routine (Even in Chaos)

Train your brain to chill—even when your roommate's still scrolling.

- Same-ish bedtime = better sleep.
- Try 5 mins of stretching, journaling, or a sleepy podcast.
- Lower your screen brightness (or switch to red light/night mode).
- Avoid caffeine or sugar too late (yes, that 8 p.m. iced coffee counts).

Melatonin (1–3 mg) can help reset your schedule—just don't use it every night or you'll rely on it.





Talk It Out Before You Freak Out

If your roommate's habits are messing with your sleep, say something early. Calmly.

- "Hey, would you mind using your headphones after midnight?"
- "Could we dim the lights a bit if one of us is already asleep?"
- Set a lights-out window or quiet time, even if it's just for weekdays.

Don't text complaints to your group chat until after you've talked in person. Passive-aggressive energy = no one sleeps well.





Create Sleep Rituals That *Trick* Your Brain

You're not five anymore, but bedtime routines still work.

- A calming scent (lavender spray, essential oil roller, or clean laundry smell).
- Same playlist, eye mask, or hoodie every night = "Oh, it's sleepy time."
- Put your phone *out of reach*. If it's in bed with you, you're not going to sleep.

*Try the "4-7-8" breathing trick:
Inhale for 4, hold for 7, exhale for 8.
Yes, it works.*





If All Else Fails... Be the Architect of a Backup Plan

- Have a hoodie and headphones by your bed for late-night group projects gone wild.
- Scope out chill study lounges or hammocks for power naps.
- Make weekend catch-up sleep a priority – not just parties and pancakes.
- If it's really bad? Talk to your RA about possible room swaps. You deserve rest.

Sleep isn't a luxury—it's fuel. Guard it like your phone charger on 2%.





Last but Not Least...

Sleep is survival. You'll do better, feel better, and actually enjoy college if you're well-rested.

You don't need perfect silence or darkness—you just need a strategy (and maybe an eye mask that says "Do Not Disturb").

You've got this. Now go build a little nest and catch those Zzzs.



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