Having Trouble Sleeping?

Many of us experience trouble sleeping at one time or another. Usually it is due to stress, travel, illness, or other temporary interruptions to your normal routine. If sleep problems are a regular occurrence, it can interfere with your daily life. Here are some tips to get a good night’s sleep:

Create a calming atmosphere in your bedroom - If your room is cluttered with work, books that have not been read, papers to attend to, and dirty laundry, it will be a constant reminder of all you need to do. Clear the clutter and make your room one you will look forward to relaxing in at the end of each day.

Turn off your devices - Most people sleep better in total darkness, so shut down your laptop so it is not glowing in your room and emitting light, and make sure to keep phones out of the bedroom to prevent beeping or lighting up your bedroom. Avoid using loud alarm clocks and remove the clock from view. Studies show that exposure to blue light, like the kind from electronic devices, decreases your melatonin production; the hormone responsible for signaling to your body it is time for bed.

Stick to a sleep schedule - When it comes to sleep, your body likes a routine—even on the weekend. Try to get into a habit of waking up and going to bed at the same time each morning and night. While your schedule may dictate burning the midnight oil or a super early rise, try to make those occurrences the exception rather than the rule. By implementing a sleep schedule, your body will start to anticipate when it’s time for bed and when it is time to rise.

Watch caffeine intake after noon - Coffee and tea are great in moderation, but try to cut yourself off after noon if you find that caffeine is keeping you awake. Switch to herbal tea in the evening if you miss having a warm beverage after dinner.

Do not toss and turn for hours - If you are finding yourself tossing and turning in the middle of the night, do not let yourself lie there awake for too long. Find a relaxing spot to read. Do not use your technology or lighting up your bedroom. Avoid using loud alarm devices, decreases your melatonin production; the hormone responsible for signaling to your body it is time for bed.

Evaluate your room - Your bedroom should be cool – between 60 and 67 degrees. Your bedroom should also be free from any noise or other distractions that can disturb your sleep. Consider using blackout curtains, eye shades, ear plugs, “white noise” machines, humidifiers, fans and other devices.

Do not drink any fluids within 2 hours prior to going to bed - If you wake up during the night to use the bathroom, keep the light to a minimum so it will be easier to go back to sleep.

https://www.huffingtonpost.com/ellen-g-goldman/sleep-tips_b_5675088.html  https://gethealthyu.com/7-tips-for-a-better-nights-sleep/

Tampering with Fire Safety Equipment

Tampering with the smoke detector includes but is not limited to removing it from the ceiling, twisting to loosen it, covering it with anything, or removing batteries of any alarm system.

Tampering with the fire sprinklers includes but is not limited to disconnecting wiring of any alarm system, no items may touch, obstruct, or be hung from sprinkler heads, and no muffling the sound of any alarm system. Tampering with the hallways and fire exits includes but is not limited to removing hardware from fire doors to prevent proper latching/closing, propping fire doors open with a “wedge”, and they may not be blocked in any manner.

If you have tampered with any fire equipment, including your smoke detector, you will be charged for materials and labor to repair, replace, or reinstall what has been tampered with. You will also be referred to our Judicial Office for violating the Student Conduct Code and subject to eviction.

Tampering with any fire safety equipment, such as the smoke detectors and/or fire sprinklers, is a very serious violation. The fire equipment is provided for the safety of each of our residents.

“‘If you’re still looking for that one person who will change your life, take a look in the mirror.”’ ~ Roman Price
Classes will be held every Tuesday beginning January 9th - March 13th at 6pm in the PV Community Room

Yoga is back for the Winter quarter! Palo Verde and Verano residents, partners, and friends - this is a great, convenient way to get your workout in with your busy schedule. This class is suited for all levels and abilities, including beginners. These sessions are brought to you FREE of CHARGE as a part of PVRC’s an VRC’s community programming! Be sure to show up early as space may be limited!

Bring along an exercise mat or towel and a water bottle. Be sure to come early for your first session to sign a waiver for the ARC.

Feel free to contact pvrc@uci.edu with any questions. Like PVRC on facebook at facebook.com/PaloVerdeResidenceCouncil.

Visitor Parking - All guest's vehicles must be registered when on site and may only park in designated visitor spaces. Visitor parking is very limited so make sure there is a visitor spot before entering into your visitor account.

If all the visitor parking spaces are unavailable, visitors and guests may purchase temporary parking permits from any of the Parking Kiosks and park in Lot CT.

The cost of General guest parking permits is:
- $10.00 per day
- $56.00 per week
- $101.00 per month

Check the Transportation and Distribution Services website for availability and information; https://www.parking.uci.edu/permits/visitorpermits.cfm

Installation of Appliances and Plumbing Products
All apartments include a stove, refrigerator, carpeting, blinds, and smoke detectors.

Written permission from the Palo Verde Housing Office must be obtained before major appliances (such as free standing air conditioners, pianos, etc.) are moved into the apartment. Dishwashers, washing machines, clothes dryers, burglar alarms, window mounted air conditioner, refrigerators (second or replacement) are not allowed. Installation of plumbing products such as a Bidet, water filters, etc. are not allowed.

PV Picnic and a Movie

<table>
<thead>
<tr>
<th>May 8</th>
<th>June 12</th>
<th>July 17</th>
<th>August 21</th>
<th>September 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lion</td>
<td>Kubo and the Two Strings</td>
<td>Pelé</td>
<td>Wonder Woman</td>
<td>Star Wars: The Force Awakens</td>
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For more information, please visit: http://www.housing.uci.edu/housingOptions/Palo_Verde.html

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**Carrying Picture ID’s** - You may never know when you will need a photo ID, it is best to keep it tucked somewhere safe at all times. Make it a habit of going out with at least one valid photo ID card. This simple task will save you a lot of unnecessary stress and headache.

Another good reason is that it is important to be able to figure out who the person is if something happens to them. A photo ID is another good reason is that it is important to be able to figure out who the person is if something should happen to them. A photo ID is also required for any transaction made in the Palo Verde Office.


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**UCIrvine Graduate Division**

**Workshop Schedule Winter 2018**

The UCI Graduate Division provides leadership on all graduate education matters, working with scholars from all over the world to engage in study, teaching, and research in the pursuit of a master’s or Ph.D. degree or of postdoctoral training.

**Transforming Your CV to Resume**

Communicate the skills you develop in graduate school into a broader job search market. Discover how to match your background with the employer’s needs with a targeted resume and cover letter.

Monday, January 22 at 1:00pm to 2:00pm

**Dissertation Boot Camp**

The Dissertation Boot Camp (DBC) is an intensive 3-day writing opportunity for graduate students writing in the dissertation phase of their program. The DBC helps writers overcome blocks, make significant progress in a short period of time, and develop skills for future academic writing.

Space is limited and fills early. Reserve your spot today, and get that dissertation done!

Friday, January 26 - Sunday, January 28 at 9:00am to 5:00pm

Email GRC@uci.edu to register.

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