



# How to...

## SWEET DREAMS

More than 33% of adults said they sleep with a comfort item, such as a stuffed animal or blanket.



# Sleep away from home

These tips will help you feel confident at sleepovers and other overnight trips.

If you have a sleepover at a friend's house coming up, you may feel both excited and unsure. That's because even though you know you'll have fun, it can be hard to be away from your routine at home. The good news is that there are simple steps you can take to prepare yourself. Here's how to get started.

### Take a bit of home with you

Besides packing pajamas and a toothbrush, you may want to include an item that will make the bed or sleeping bag where you'll be sleeping feel more like home. This might include items like your pillow, a special blanket, a stuffed animal, or a book. If you're going to be staying away for a longer period of time, such as traveling with a club or team to a competition or going to a sleepaway camp this summer, you could take photos of your family and pets with you. Looking at them can remind you of everyone who cares about you.



Try sleeping outdoors, too.

### Get set up

When you arrive at the sleepover, ask where you'll be sleeping and place your comfort items there. You can put your toothbrush in the bathroom so you feel settled when it's time to go to bed. Next, take a look around the area where you're staying. Look for the light switch so you know where it is if you need it

later. Ask if there's a night light, if you'd like one. Find out where the bathroom is located. Getting settled when you arrive allows you to solve any worries you have so you can start having fun.

### Start slowly

If you haven't stayed away from home very often or in a long time, consider first having a sleepover where you already feel comfortable. This could be with a family member, such as a cousin, or a best friend. A run-through can be especially helpful if you have a larger event—like an overnight field trip or sleepover party—coming up. Ask a parent if they can help you schedule a practice sleepover.

### Ease homesickness

Even if you take these steps, you might still feel homesick when you're away. Homesickness is when you feel sad, or just not like yourself, because you miss your family and the familiarity of your own home. This is a common feeling. One way to help ease homesickness is to talk with a trusted adult. Before you go, ask your parent to give a heads-up to your friend's parent that you may feel homesick during the sleepover. Then, if you do, you know you have someone you can talk to. You may wind up not feeling homesick after all, but at least you were prepared!

## 4 games to try at a sleepover

These activities will have you laughing and smiling while you play them.

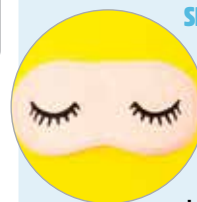
### Flashlight tag

Turn out the lights in a large room. One player gets a flashlight and tries to find all the other players while they hide. The last player to be spotted with the flashlight wins.



### Sleeping beauty

One person snuggles up and pretends to be asleep.



Start a timer, then see how long it takes for everyone else to get them to laugh with silly jokes, noises, and more.

### Glow bowling

Fill 10 plastic water bottles halfway with water, add a glowstick to each one, and screw on the caps. Set the bottles up in a triangle. Then turn the lights out and see who can knock them down by rolling a soccer ball.



### Pillow fight

In an open space, set a timer for one minute. At the count of three, have all the guests begin gently tossing pillows at one another. (Be sure to aim below the shoulders.)

