Here are seven tips for a good night’s sleep:

• Exercise at some point during the day.
• Reserve your bed for sleep—not screens!
• Keep your bedroom dark and cool.
• Start a sleep ritual to cue your brain it’s time for slumber.
• Have a light, healthy bedtime snack.
• Avoid alcohol and chocolate before bed.
• Wind down; do something relaxing before going to bed.

It’s National Sleep Awareness Week! Remember that Sleep 101 Course you took way back in August? Now’s the perfect time to put knowledge into practice. Learn more about why sleep matters, the science of sleep, and how to get the sleep you need from experts at the Harvard Medical School. If you’re making a choice between sleeping and studying, some extra zzz’s might actually help on your exam. Sweet dreams!

Wellness

Daylight Saving Time begins Sunday, March 10. Remember to set your clocks ahead one hour!

Reminders

Annenberg will close after dinner on Friday, March 15 and re-open for dinner on Sunday, March 24. Dorms will remain open over spring break, but you must make other arrangements for meals.

Dean’s Note

Dear Class of 2022,

I hope you all have a wonderful and relaxing spring break (March 16-24). You have worked hard over these past few weeks of the term, and the rest of the semester after the break will go by very quickly. In the meantime, enjoy the break—slow down, sleep, spend time with family and friends.

Sincerely,
Lauren Brandt
Associate Dean of Students
Fun Stuff to Do during Spring Break

Staying on campus during spring break? Take advantage of your free time by exploring all the Boston/Cambridge area has to offer and discovering new things right in your own backyard!

- **Chinatown.** Love Chinese food and other types of Asian cuisine? Never tried Dim Sum? Transport yourself to another land, and check out Boston’s Chinatown neighborhood, boasting restaurants on every block with authentic and delicious food. Accessible from the Chinatown T stop on the Orange Line or the South Station T stop on the Red Line.

- **Skywalk Observatory.** Visit one of Boston’s tallest buildings, and get a beautiful, panoramic view of the city from its observatory on the top floor. On a clear day you can see up to 100 miles away! For hours, ticket info, and directions, visit: skywalkboston.com.

- **Freedom Trail.** Walk the path of the American Revolution on Boston’s Freedom Trail, a 2.5-mile, red-brick path leading to several historic sites, like Paul Revere’s house and the USS Constitution. The trail will also lead you through many of the city’s hot spots, like Faneuil Hall, Beacon Hill, and the North End. For more information, visit: thefreedomtrail.org.

- **Salem, MA.** Need a witch fix? Want to see the House of Seven Gables? Take a trip to Salem, MA, infamous for the Salem Witch Trials and one of New England’s maritime treasures. Whether it’s haunted houses, graveyards, unusual museums, seaport sites, or great restaurants that pique your interest, you’ll find it here. Just a short trip on the Newburyport/Rockport Commuter Rail Line from North Station.

Discover more cool stuff to do at: cityofboston.gov/visitors.

Resources for First-Years

**Sexual Literacy Blog.** The Office of Sexual Assault Prevention & Response (OSAPR) and the Center for Wellness & Health Promotion have teamed up to bring you the Sexual Literacy blog. This project involves an anonymous Q & A blog that is co-written by content experts (those offices or guest columnists) and context experts (undergraduate and graduate student interns). They also collaborate with proctors to offer study breaks providing informal, low-threshold spaces where students can access safer sex supplies and connect with the Sexual Literacy team. Visit the blog at sexual-literacy.com, and submit your questions there as well.

**Welcome to Wellness Workshops.** During the month of March, the Office of Sexual Assault Prevention & Response (OSAPR) is hosting a series of wellness workshops for the Harvard community. Explore options for care that can contribute to your healing and overall wellbeing. Workshops will run Tuesdays, 12-1PM, in OSAPR, 624 Smith Campus Center; lunch provided 1-1:30PM to those who RSVP to Nina: NHarris@harvard.edu. March 5: Laughing Meditation; March 12: Mindful Eating; March 19: Mini Massages & Chair Yoga; and March 26: Getting Zzz’s.

**Advising Corner.** It is never too early to start learning more about concentrations. Stop by the Advising Corner table near the exit in Annenberg, 11:30-2PM, on designated days to ask questions and get advice on everything from course selection, research options, and post-college planning. Visit with these concentration advisors next week: Undergraduate Science Research and Advising – Wednesday, March 13. For more info on the concentrations, visit: advising.college.harvard.edu/concentrations.

**The Harvard University Pulse Survey on Inclusion and Belonging.** The Pulse Survey is an unprecedented effort to understand and improve inclusion and belonging for all of Harvard’s degree-seeking students, staff, faculty, and academic personnel. The survey is quick, easy, and important. It includes 10 questions that ask about your experiences at Harvard, as well as an open-ended question where we solicit your ideas for improvement. The survey is available from now until Friday, March 22. Please take part in this important survey at: pulse.harvard.edu. If you have any questions, please email: pulsesurvey@harvard.edu.

**Journal Project Prompt #25:** What activities, academic or otherwise, have you found most fulfilling so far at Harvard? What are some ways you can weave more of this into your everyday life? What about post-college?