What helps you get to sleep at night? [1]

- Reading a book before sleep
  - 4% (32 votes)
- Taking a warm bath or shower
  - 8% (59 votes)
- Journaling
  - 1% (4 votes)
- Meditating
  - 2% (14 votes)
- Listening to some soothing music
  - 6% (43 votes)
- Drinking some warm tea
  - 2% (11 votes)
- Having some "alone time" (masturbating)
  - 42% (308 votes)
- More than one of these
  - 13% (98 votes)
- Something else
  - 22% (158 votes)

Total votes: 727
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: https://goaskalice.columbia.edu/polls/what-helps-you-get-sleep-night-0

Links
[1] https://goaskalice.columbia.edu/polls/what-helps-you-get-sleep-night-0