

things to do when u cant sleep

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i came up with this after i read 67 things to do when ur bored. hope u enjoy

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<http://www.fanart-central.net/stories/user/yuai77/53321/things-to-do-when-u-cant-sleep>

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1 - 10 things to do when u cant sleep

these r n no particular order.

- 1.KO urself
- 2.read a good book until it makes u tired
- 3.watch TV until ur eyes wont stay open
- 4.bang ur hed really hard on a wall many times
- 5.dont eat
- 6.dont have sugar especially if u hav ADHD
- 7.keep ur eyes closed in the dark
- 8.hav a conversation w/ urself
- 9.sing a random song
- 10.dance till u cant no more