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Sleep, Sleep, and More Sleep

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Taylor Brown
Oslo, Norway
February 9th, 2018



Sleep, Sleep, and More Sleep

My journey to Oslo was a 22-hour journey, spanning 4,690 miles. I did not get much sleep at all! The night before I left I was able to get three hours of sleep before driving up to Portland. My plan was to stay awake during the whole domestic flight and the layover in New Jersey, and that way I could hopefully adjust to the time better. I ended up accidentally sleeping on the international flight, it was only for 2 hours and I missed dinner. I then was awake for the rest of the flight which was another 5 hours.

Getting into Oslo I found my luggage to be very difficult to pull across the snow and ice, and it was so difficult to walk as well, because I was just wearing trainers. I packed around 135 pounds of luggage between 2 suitcases, a carry on, and a backpack. When I arrived, I had no cell service to help me get to my student house, and so I had to rely on paper metro directions. It took me around an hour and a half to get from SiO(the main housing office) to my flat. I'm sure that I was quite the spectacle because I was just in sneakers and a sweatshirt in 28-degree weather dragging large suitcases across the city.

When I finally got to my student house it was noon and the first thing I did was make my bed and plug in my router so I could use my phone. I then ate the small snack that I had packed from home and proceeded to fall asleep at noon. I slept until 8 pm when I woke up and ran to the grocery store that is 2 blocks away to grab some food so I could eat, because almost everything is closed here in Norway on Sundays, and usually closes at 9 pm, something that was quite a shock as I am used to most stores being open seven days a week.

I was awake for about 2 hours while I ate some bacon and eggs, and then I fell asleep again, except this time I set an alarm for 8 am so I could make it to my orientation. However, I ended up oversleeping my alarm by 4 hours and only going to lunch with my buddy group. It all ended up okay though, as I was able to get the information later on and enjoy the rest of the week with my group!

Some Tips:

- Don't sleep through dinner, you will be hungry for the rest of your flight.
- Set 10 alarms if you have to wake up after flying.
- Pack lighter. I brought everything except for the kitchen sink, which was not necessary.
- Download Google maps for the area you will be traveling! This would have saved me from having to ask others to borrow their wi-fi constantly.