


```
tick  
end
```

```
to stress-raisers  
  ask n-of 4 turtles [  
    if alcoholism = true [  
      set color color - 30  
      loose-sleep  
    ]  
  ]
```

```
  ask n-of 4 turtles [  
    if lessSleep = true [  
      set color color - 30  
      loose-sleep  
    ]  
  ]
```

```
  ask n-of 4 turtles [  
    if family-issues = true [  
      set color color - 30  
      loose-sleep  
    ]  
  ]
```

```
  ask n-of 4 turtles [  
    if drugAbuse = true [  
      set color color - 30  
      loose-sleep  
    ]  
  ]  
end
```

```
to check-sleep  
  ask turtles [  
    wake-up  
  ]  
end
```

```
to wake-up  
  if hours-of-sleep = 10 [ set color black ]  
  if hours-of-sleep = 12 [ die ]  
end
```

```
to loose-sleep
  if color < 105[
    set hours-of-sleep hours-of-sleep - 1
    set label round hours-of-sleep
  ]
  if color < 75[
    set hours-of-sleep hours-of-sleep - 1
    set label round hours-of-sleep
  ]
  if color < 45[
    set hours-of-sleep hours-of-sleep - 1
    set label round hours-of-sleep
  ]
  if color < 15[
    set hours-of-sleep hours-of-sleep - 1
    set label round hours-of-sleep
  ]
end
```

```
to PTSDApp-method
  ask turtles [
    if color = black and hours-of-sleep != sleep-needed [
      let rest sleep-needed - hours-of-sleep
      let var1 (30 * rest)
      set color color + var1
    ]
  ]
end
```

