

B	I	N	G	O
Try using blackout blinds eye masks earplugs	Avoid alcohol	Develop rituals to wind down before going to bed	Limit or avoid caffeine	Go to bed and get up at the same time each day
Decrease or avoid smoking	Regular bed/wake times	Hot bath	Avoid daytime napping	Limit liquid intake
Make designated worry time or create a worry list	Use the bedroom only for sleep	FREE	Avoid use of sleeping pills	Eliminate bedroom noise
Eliminate clocks from the bedroom	Make bedroom comfortable	Exercise regularly but not too close to bedtime	Eat a light snack	Go to bed in a dark quiet room that isn't too hot or too cold
Do relaxing activities	Avoid using electronics before bed time	Leave bed if awake	Wear comfortable sleep wear	Decrease time in bed

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