B	I	N	G	O
You may be slumbering but your brain never stops working.	After about 15 minutes of not being able to get to sleep listen to mindful sounds.	Exercise regularly finish a few hours before bedtime.	Sleep on a comftrable mattress and pillows.	Relaxing rituals prior to bedtime may include a warm bath aroma therapy reading or listing to soothing music.
Designate another time to write down problems and possible solutions that is not close to bedtime.	What time did I awake? What time did I go to sleep?.	Set the alarm and turn the clock around so that you can not see the time.	Avoid Caffeine with in 6 hours before bedtime.	Use your bedroom only for sleep. Work eat and watch TV in another room.
sleeping not for work or watching TV.	Avoid gaming with in 2 hours of bedtime.	**FREE**	Insomnia is a significant lack of high-quality sleep. It can be short-term or chronic.	Maintain a regular bedtime and awakening time schedule even on weekends.
There are many medications which are used to treat insomnia but these tend to be only effective in the short-term.	Read a book for 15 mins before bed.	Sleep in a room that is dark quite comfortable and cool.	Finish eating at least 2-3 hours prior to your regular bedtime.	Restless legs syndrome (RLS) is a sensory disorder causing an almost irresistible urge to move the legs.
Avoid naps.	The longest period some one went with out sleep was almost 19 days during a rocking chair marathon.	Elephants sleep standing up.	'Sleep hygiene' is the term used to describe good sleep habits.	Establish a regular relaxing bedtime routine.

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
sleeping not for work or watching TV.	'Sleep hygiene' is the term used to describe good sleep habits.	Avoid Caffeine with in 6 hours before bedtime.	Read a book for 15 mins before bed.	Designate another time to write down problems and possible solutions that is not close to bedtime.
Sleep on a comftrable mattress and pillows.	Maintain a regular bedtime and awakening time schedule even on weekends.	Exercise regularly finish a few hours before bedtime.	Restless legs syndrome (RLS) is a sensory disorder causing an almost irresistible urge to move the legs.	Avoid gaming with in 2 hours of bedtime.
Insomnia is a significant lack of high-quality sleep. It can be short-term or chronic.	After about 15 minutes of not being able to get to sleep listen to mindful sounds.	**FREE**	Finish eating at least 2-3 hours prior to your regular bedtime.	Sleep in a room that is dark quite comfortable and cool.
Establish a regular relaxing bedtime routine.	You may be slumbering but your brain never stops working.	Elephants sleep standing up.	There are many medications which are used to treat insomnia but these tend to be only effective in the short-term.	Avoid naps.
Relaxing rituals prior to bedtime may include a warm bath aroma therapy reading or listing to soothing music.	Go to bed around 10 or 11 PM to avoid 'second wind syndrome'	Use your bedroom only for sleep. Work eat and watch TV in another room.	Set the alarm and turn the clock around so that you can not see the time.	What time did I awake? What time did I go to sleep?.

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
There are many medications which are used to treat insomnia but these tend to be only effective in the short-term.	Finish eating at least 2-3 hours prior to your regular bedtime.	sleeping not for work or watching TV.	Establish a regular relaxing bedtime routine.	Sleep on a comftrable mattress and pillows.
The longest period some one went with out sleep was almost 19 days during a rocking chair marathon.	Use your bedroom only for sleep. Work eat and watch TV in another room.	'Sleep hygiene' is the term used to describe good sleep habits.	Read a book for 15 mins before bed.	Avoid gaming with in 2 hours of bedtime.
Sleep in a room that is dark quite comfortable and cool.	Avoid Caffeine with in 6 hours before bedtime.	**FREE**	Insomnia is a significant lack of high-quality sleep. It can be short-term or chronic.	Exercise regularly finish a few hours before bedtime.
Go to bed around 10 or 11 PM to avoid 'second wind syndrome'	Relaxing rituals prior to bedtime may include a warm bath aroma therapy reading or listing to soothing music.	Avoid naps.	After about 15 minutes of not being able to get to sleep listen to mindful sounds.	You may be slumbering but your brain never stops working.
What time did I awake? What time did I go to sleep?.	Set the alarm and turn the clock around so that you can not see the time.	Maintain a regular bedtime and awakening time schedule even on weekends.	Restless legs syndrome (RLS) is a sensory disorder causing an almost irresistible urge to move the legs.	Elephants sleep standing up.

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved