

B	I	N	G	O
Try relaxing rituals before bedtime.	Avoid Caffeine with in 6 hours before bedtime.	Exercise regularly.	Sleep in a room that is dark quite comfortable and cool.	Older Adults spend less time in deep sleep.
Eat and watch TV in another room.	Take naps in the early afternoon.	Put a nightlight in the bathroom.	Avoid smoking with in 2 hours of bedtime.	Set an alarm and turn the clock around so that you can not see the time.
Sleep on a comfortable mattress and pillows.	Use your bedroom only for sleep.	FREE	Cut down on sugary foods.	In sleep apnea is when your breathing stops or gets very shallow.
Insomnia is a significant lack of high-quality sleep.	Sleep is just as important as diet and exercise.	Maintain a regular bedtime.	Go to bed around 10 or 11 PM.	Older Adults wake up 3-4 times a night.
Finish eating at least 2-3 hours before bedtime.	Cut down on water intake before bed.	Restless legs syndrome is the irresistible urge to move the legs.	We spend an average of 25 years sleeping.	Establish a regular bedtime routine.

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