

B	I	N	G	O
Setup white noise	Avoid daytime napping	Clean sheets on the bed	Limit sugar before bed	Give mom/dad hug goodnight
Brush hair	Read a book	Go to bed calm	Avoid over-stimulation	Limit evening drinks
Meditation / Calming activity	Use the bedroom only for sleep	FREE	Avoid screens 2 hrs before bed	Don't linger in bed in morning
Exercise during day	Make bedroom comfortable	Get out extra energy	Decrease time in bed during day	Go to bed / get up same time
Darken room	Bath or shower	Keep same bedtime routine	Wear comfy clothes to bed	Brush teeth

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Decrease time in bed during day	Keep same bedtime routine	Setup white noise	Brush teeth	Make bedroom comfortable
Get out extra energy	Go to bed / get up same time	Meditation / Calming activity	Read a book	Darken room

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Bath or shower	Keep same bedtime routine	Avoid over-stimulation	Go to bed / get up same time	Avoid screens 2 hrs before bed
Setup white noise	Exercise during day	Get out extra energy	Read a book	Give mom/dad hug goodnight
Meditation / Calming activity	Brush teeth	FREE	Make bedroom comfortable	Decrease time in bed during day
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