

B	I	N	G	O
My mind feels like it's racing	I can't stop thinking	I go to bed and get up at the same time each day	I use my phone in my bed	I nap in the daytime
I exercise right before bed	My bedroom is comfortable	I use a sleeping mask	I do relaxing activities	My alarm is loud
My room is not noisy	I eat a good breakfast	FREE	I have a regular bed and wake time	I leave bed if I'm awake
My PJs are comfy	I make sleep a priority	I use earplugs or headphones	I have a hot bath before bed	I snooze my alarm
I eat right before bed	I'm scrolling on socials before bed	I feel sad	Study or eat in bed	I force myself to fall asleep

B	I	N	G	O
My room is not noisy	Study or eat in bed	I do relaxing activities	I make sleep a priority	I exercise right before bed
I use my phone in my bed	I leave bed if I'm awake	I go to bed and get up at the same time each day	I snooze my alarm	I eat a good breakfast
I have a regular bed and wake time	I can't stop thinking	FREE	I have a hot bath before bed	I use earplugs or headphones
I force myself to fall asleep	My mind feels like it's racing	I feel sad	My PJs are comfy	I eat right before bed
I nap in the daytime	I have a nighttime routine	My alarm is loud	I use a sleeping mask	My bedroom is comfortable

B	I	N	G	O
My PJs are comfy	I have a hot bath before bed	My room is not noisy	I force myself to fall asleep	I use my phone in my bed
I'm scrolling on socials before bed	My alarm is loud	Study or eat in bed	I make sleep a priority	I eat a good breakfast
I use earplugs or headphones	I do relaxing activities	FREE	I have a regular bed and wake time	I go to bed and get up at the same time each day
I have a nighttime routine	I nap in the daytime	I eat right before bed	I can't stop thinking	My mind feels like it's racing
My bedroom is comfortable	I use a sleeping mask	I leave bed if I'm awake	I snooze my alarm	I feel sad