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	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	I have a nighttime routine

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

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

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