

B	I	N	G	O
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.	Establis a regular relaxine bedtime routine.	Sleep in a room that is dark quite comfortable and cool.	Lay in bed only for
Designate another time to write down problems and pssible solutions that is not close to bedtime.	There are many medications which are used to treat insomnia but these tend to be only effective in the short-term.	Relaxing rituals prior to bedtime may include a warm bath aroma therapy reading or listing to soothing music.	After about 15 minutes of not being able to get to sleep to to another room.	Set the alarm and turn the clock around so that you can not see the time.
The longest period some one went with out sleep was almost 19 days during a rocking chair marathon.	You may be slumbering but your brain never stops working.	FREE	Avoid Caffeine with in 6 hours before bedtime.	Go to bed around 10 or 11 PM to avoid 'second wind syndrome'
In sleep apnea your breathing stops or gets very shallow while you are sleeping.	Sleep on a comftrable mattress and pillows.	Insomnia is a significant lack of high-quality sleep. It can be short-term or chronic.	Finish eating at least 2-3 hours prior to your regular bedtime.	Maintaind a regular bedtime and awakening time schedule even on weekends.
Exercise regularly finish a few hours before bedtime.	Avoid naps.	Restless legs syndrome (RLS) is a sensory disorder causing an almost irresistible urge to move the legs.	sleeping not for work or watching TV.	Elephants sleep standing up.

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