

B	I	N	G	O
Try using blackout blinds eye masks earplugs	Avoid alcohol	Develop rituals to wind down before going to bed	Limit liquid intake	Exercise regularly but not too close to bedtime
Decrease or avoid smoking	Regular bed/wake times	Hot bath	Avoid daytime napping	Make designated worry time or create a worry list
Use the bedroom only for sleep	Avoid use of sleeping pills	FREE	Go to bed in a dark quiet room that isn't too hot or too cold	Eat a light snack
Avoid working or paying bills in bed	Eliminate bedroom noise	Limit or avoid caffeine	Eliminate clocks from the bedroom	Leave bed if awake
Make bedroom comfortable	Don't lie in bed awake	Do relaxing activities	Go to bed and get up at the same time each day	Avoid using electronics before bed time

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Use the bedroom only for sleep	Limit liquid intake	FREE	Go to bed and get up at the same time each day	Decrease or avoid smoking
Develop rituals to wind down before going to bed	Hot bath	Make bedroom comfortable	Avoid working or paying bills in bed	Leave bed if awake
Avoid alcohol	Try using blackout blinds eye masks earplugs	Wear comfortable sleep wear	Decrease time in bed	Do relaxing activities

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Avoid alcohol	Wear comfortable sleep wear	Develop rituals to wind down before going to bed	Use the bedroom only for sleep	Avoid working or paying bills in bed
Regular bed/wake times	Make bedroom comfortable	FREE	Eliminate clocks from the bedroom	Limit liquid intake
Avoid using electronics before bed time	Go to bed and get up at the same time each day	Eliminate bedroom noise	Eat a light snack	Avoid use of sleeping pills
Make designated worry time or create a worry list	Exercise regularly but not too close to bedtime	Do relaxing activities	Hot bath	Try using blackout blinds eye masks earplugs