B	I	N	G	O
Make designated worry time or create a worry list.	Avoid alcohol	Avoid using electronics before bed time	Hot bath before bed	Eliminate bedroom noise.
Avoid sweets before bed	Make bedroom comfortable	Exercise regularly but not too close to bedtime	Avoid caffeine before bed	Go to bed in a dark quiet room that isn't too hot or too cold
Limit liquid intake before bed	Undertake relaxing activities	**FREE**	Avoid daytime napping	Don't fall asleep while watching TV
Don't lie in bed awake	Leave bed if awake	Eat a light snack	Develop rituals to wind down before going to bed	Eliminate bright electronics from the bedroom.
Avoid working or paying bills in bed	Avoid smoking before bed	Go to bed and get up at the same time each day.	Use the bed only for sleep and sex	Avoid use of sleeping pills if possible

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B	I	N	G	O
Undertake relaxing activities	Avoid caffeine before bed	Hot bath before bed	Avoid sweets before bed	Exercise regularly but not too close to bedtime
Avoid using electronics before bed time	Use the bed only for sleep and sex	Eliminate bedroom noise.	Avoid smoking before bed	Go to bed in a dark quiet room that isn't too hot or too cold
Don't lie in bed awake	Avoid daytime napping	**FREE**	Don't fall asleep while watching TV	Avoid alcohol
Develop rituals to wind down before going to bed	Go to bed and get up at the same time each day.	Make designated worry time or create a worry list.	Avoid use of sleeping pills if possible	Leave bed if awake
Eat a light snack	Eliminate bright electronics from the bedroom.	Limit liquid intake before bed	Make bedroom comfortable	Avoid working or paying bills in bed

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B	I	N	G	O
Avoid smoking before bed	Go to bed and get up at the same time each day.	Avoid caffeine before bed	Eliminate bright electronics from the bedroom.	Avoid daytime napping
Make designated worry time or create a worry list.	Don't lie in bed awake	Eat a light snack	Make bedroom comfortable	Eliminate bedroom noise.
Limit liquid intake before bed	Avoid use of sleeping pills if possible	**FREE**	Leave bed if awake	Develop rituals to wind down before going to bed
Undertake relaxing activities	Go to bed in a dark quiet room that isn't too hot or too cold	Hot bath before bed	Use the bed only for sleep and sex	Avoid using electronics before bed time
Don't fall asleep while watching TV	Avoid alcohol	Exercise regularly but not too close to bedtime	Avoid sweets before bed	Avoid working or paying bills in bed

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