

B	I	N	G	O
Try to get regular exposure to fresh air	Avoid daytime napping	Develop relaxing rituals to wind down before bed	Make your bedroom comfortable and inviting	Keep noise levels low or use white noise machines
Avoid watching the clock if you wake up at night	Stick to a consistent sleep schedule even on weekends	Limit naps to 20-30 minutes	Avoid heavy or spicy meals close to bedtime	Set aside "worry time" earlier in the day or write down worries before bed
Avoid intense exercise within 2-3 hours of bedtime	Get natural sunlight exposure during the day	FREE	Go to bed and get up at the same time every day	Remove clocks from the bedroom
Keep a sleep diary to track habits and patterns	Maintain a comfortable mattress and supportive pillows	Engage in relaxing activities like reading or gentle stretching before bed	Keep your bedroom cool and dark	Eat a light snack if hungry before bed
Avoid stimulants like energy drinks in the afternoon and evening	Avoid using electronics before bedtime	Limit liquid intake close to bedtime	Avoid working or paying bills in bed	Limit or avoid caffeine

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Use blackout curtains or an eye mask to block light	Practice deep breathing or meditation before sleeping	Maintain a comfortable mattress and supportive pillows	Limit naps to 20-30 minutes	Remove clocks from the bedroom
Avoid stimulants like energy drinks in the afternoon and evening	Avoid using electronics before bedtime	Limit or avoid caffeine	Keep your bedroom cool and dark	Avoid watching the clock if you wake up at night
Limit liquid intake close to bedtime	Avoid heavy or spicy meals close to bedtime	FREE	Get natural sunlight exposure during the day	Avoid daytime napping
Keep noise levels low or use white noise machines	Try to get regular exposure to fresh air	Use calming scents like lavender or chamomile in your bedroom	Avoid working or paying bills in bed	Avoid intense exercise within 2-3 hours of bedtime
Make your bedroom comfortable and inviting	Decrease or avoid nicotine	Go to bed and get up at the same time every day	Develop relaxing rituals to wind down before bed	Engage in relaxing activities like reading or gentle stretching before bed

B	I	N	G	O
Limit liquid intake close to bedtime	Avoid watching the clock if you wake up at night	Maintain a comfortable mattress and supportive pillows	Limit or avoid caffeine	Decrease or avoid nicotine
Avoid heavy or spicy meals close to bedtime	Use calming scents like lavender or chamomile in your bedroom	Develop relaxing rituals to wind down before bed	Use blackout curtains or an eye mask to block light	Take a warm bath or shower before bed
Avoid working or paying bills in bed	Remove clocks from the bedroom	FREE	Keep a sleep diary to track habits and patterns	Make your bedroom comfortable and inviting
Avoid daytime napping	Avoid using electronics before bedtime	Keep your bedroom cool and dark	Go to bed and get up at the same time every day	Exercise regularly
Try to get regular exposure to fresh air	Avoid intense exercise within 2-3 hours of bedtime	Set aside "worry time" earlier in the day or write down worries before bed	Avoid stimulants like energy drinks in the afternoon and evening	Stick to a consistent sleep schedule even on weekends