

B	I	N	G	O
Wear your favorite pajama to bed	Aromatherapy (lavender)	Drink tea/warm beverage before bed	Stretch or do light yoga	Limit screen 30-60 minutes before sleep
Create a relaxing environment	Use earplugs	Meditate for 5 minutes	Avoid Eating late	Stay hydrated during the day
Take a warm bath or shower	fluff your pillow	FREE	Avoid naps late in the day	Go to sleep/wake up at a consistent time
Journal before bed	Take a walk/workout during the day	Keep bedroom dark cool and quiet	Get sunlight everyday	Listen to calming music before bed
Get out of bed within 10 minutes	Create a relaxing bed time routine	Read a book	keep sleep environment clutter free	Create a worry list before sleeping

B	I	N	G	O
fluff your pillow	Avoid Eating late	Stretch or do light yoga	Create a relaxing environment	Meditate for 5 minutes
Drink tea/warm beverage before bed	keep sleep environment clutter free	Limit screen 30-60 minutes before sleep	Create a relaxing bed time routine	Stay hydrated during the day
Journal before bed	Avoid naps late in the day	FREE	Go to sleep/wake up at a consistent time	Aromatherapy (lavender)
Get sunlight everyday	Read a book	Wear your favorite pajama to bed	Create a worry list before sleeping	Take a walk/workout during the day
Keep bedroom dark cool and quiet	Listen to calming music before bed	Take a warm bath or shower	Use earplugs	Get out of bed within 10 minutes

B	I	N	G	O
Create a relaxing bed time routine	Read a book	Avoid Eating late	Listen to calming music before bed	Avoid naps late in the day
Wear your favorite pajama to bed	Journal before bed	Keep bedroom dark cool and quiet	Use earplugs	Limit screen 30-60 minutes before sleep
Take a warm bath or shower	Create a worry list before sleeping	FREE	Take a walk/workout during the day	Get sunlight everyday
fluff your pillow	Stay hydrated during the day	Stretch or do light yoga	keep sleep environment clutter free	Drink tea/warm beverage before bed
Go to sleep/wake up at a consistent time	Aromatherapy (lavender)	Meditate for 5 minutes	Create a relaxing environment	Get out of bed within 10 minutes