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|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|
| <b>B</b>                                                        | <b>I</b>                                                                                   | <b>N</b>                                                                  | <b>G</b>                                                              | <b>O</b>                                                              |
| Using bright lights late at night                               | Doing mentally intense activities (video games work deep conversations) right before sleep | Forcing yourself to stay awake when tired                                 | Scrolling through social media right before sleep                     | Keeping the phone near the pillow (notifications/light interruptions) |
| Engaging in arguments or stressful activities before bed        | Staying up very late on weekends ("social jet lag")                                        | Lying in bed awake for long periods instead of getting up and resetting   | Drinking alcohol in the evening to relax                              | Not giving yourself time to mentally relax                            |
| Snacking on sugary foods or caffeine-containing treats at night | Using phones TVs or tablets in bed                                                         | <b>FREE</b>                                                               | Drinking coffee tea soda or energy drinks in the afternoon or evening | Going to bed angry anxious or overstimulated                          |
| Going to bed hungry                                             | Smoking cigarettes or vaping close to bedtime (nicotine is a stimulant)                    | Ignoring fatigue during the day due to overstimulation (screens caffeine) | Going to bed and waking up at different times every day               | Keeping to-do lists in your head instead of writing them down         |
| Frequently taking long naps that interfere with nighttime sleep | Eating large heavy or spicy meals before bed                                               | Not dimming lights before bedtime                                         | Worrying about tomorrow or replaying the day's events                 | Falling asleep with the TV or videos playing                          |

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