

B	I	N	G	O
Wake up at the same time everyday	Avoid TV while sleeping	Get sunlight everyday	Room is dark	No smoking or vaping
Bathtime	Use a sleep diary	Read a book	Avoid heavy food close to bedtime	Turn clock around to avoid watching clock
Avoid homework in your bed	Little bedroom noise	FREE	Meditate	Trouble sleeping? Get up and Try again
No phone use in bed	Relaxation techniques	Keep night time routine the same	Only use my bed for sleep	Keep daytime routine the same
Avoid naps	Avoid video games before bed	Phone is kept outside of the bedroom	Cool temperature in room	Regular bed/wake times every day

B	I	N	G	O
Warm cup of tea (caffeine free)	Room is quiet	Relaxation techniques	Read a book	Trouble sleeping? Get up and Try again
Avoid naps	Avoid video games before bed	Regular bed/wake times every day	Only use my bed for sleep	Bathtime
Phone is kept outside of the bedroom	Avoid heavy food close to bedtime	FREE	Little bedroom noise	Avoid TV while sleeping
No smoking or vaping	Wake up at the same time everyday	Warm milk helps you sleep	Cool temperature in room	Avoid homework in your bed
Room is dark	Exercise	Meditate	Get sunlight everyday	Keep night time routine the same

B	I	N	G	O
Phone is kept outside of the bedroom	Bathtime	Relaxation techniques	Regular bed/wake times every day	Exercise
Avoid heavy food close to bedtime	Warm milk helps you sleep	Get sunlight everyday	Warm cup of tea (caffeine free)	Use your bed for sleep only
Cool temperature in room	Trouble sleeping? Get up and Try again	FREE	No phone use in bed	Room is dark
Avoid TV while sleeping	Avoid video games before bed	Only use my bed for sleep	Meditate	Limit or avoid caffeine or energy drinks
Wake up at the same time everyday	Avoid homework in your bed	Turn clock around to avoid watching clock	Avoid naps	Use a sleep diary