

B	I	N	G	O
Warm cup of tea (caffeine free)	Avoid Heavy food close to bedtime	Cool temperature in room	Trouble sleeping? Get up and try again	Phone is kept outside of the bedroom
Avoid video games before bed	Use your bed only for sleep	Relaxation techniques	Avoid Homework in your bed	Room is quiet
Use a sleep diary	Warm milk helps you sleep	FREE	Avoid Naps	Keep daytime routine the same
Keep night time routine the same	Turn the clock around to avoid watching the clock	Meditate	Get sunlight everyday	Read a book
Exercise	Avoid TV while sleeping	Room is dark	wake up at the same time everyday	Bathtime

B	I	N	G	O
Warm milk helps you sleep	Avoid Homework in your bed	Trouble sleeping? Get up and try again	Avoid video games before bed	Relaxation techniques
Cool temperature in room	wake up at the same time everyday	Phone is kept outside of the bedroom	Avoid TV while sleeping	Room is quiet
Keep night time routine the same	Avoid Naps	FREE	Keep daytime routine the same	Avoid Heavy food close to bedtime
Get sunlight everyday	Room is dark	Warm cup of tea (caffeine free)	Bathtime	Turn the clock around to avoid watching the clock
Meditate	Read a book	Use a sleep diary	Use your bed only for sleep	Exercise

B	I	N	G	O
Avoid TV while sleeping	Room is dark	Avoid Homework in your bed	Read a book	Avoid Naps
Warm cup of tea (caffeine free)	Keep night time routine the same	Meditate	Use your bed only for sleep	Phone is kept outside of the bedroom
Use a sleep diary	Bathtime	FREE	Turn the clock around to avoid watching the clock	Get sunlight everyday
Warm milk helps you sleep	Room is quiet	Trouble sleeping? Get up and try again	wake up at the same time everyday	Cool temperature in room
Keep daytime routine the same	Avoid Heavy food close to bedtime	Relaxation techniques	Avoid video games before bed	Exercise