

B	I	N	G	O
Turn off tablet	Avoid daytime napping	Eat healthy	Take a bath	Listen to relaxing music
Dim the lights	Turn off phone	Put on pyjamas	Avoid pop or soda before bed	Set an alarm
Turn off laptop	Use the bathroom	FREE	Brush your teeth	Go to bed and get up at the same time each day
Go to bed in a dark quiet room	Take a shower	Limit or avoid caffeine	Get 8-10 hours of sleep	Make bedroom comfortable
Exercise regularly	Deep breathing	Read a bedtime story	Wash your face	Do 5 minutes of yoga

B	I	N	G	O
Use the bathroom	Avoid pop or soda before bed	Take a bath	Dim the lights	Put on pyjamas
Eat healthy	Wash your face	Listen to relaxing music	Deep breathing	Set an alarm
Go to bed in a dark quiet room	Brush your teeth	FREE	Go to bed and get up at the same time each day	Avoid daytime napping
Get 8-10 hours of sleep	Read a bedtime story	Turn off tablet	Do 5 minutes of yoga	Take a shower
Limit or avoid caffeine	Make bedroom comfortable	Turn off laptop	Turn off phone	Exercise regularly

B	I	N	G	O
Deep breathing	Read a bedtime story	Avoid pop or soda before bed	Make bedroom comfortable	Brush your teeth
Turn off tablet	Go to bed in a dark quiet room	Limit or avoid caffeine	Turn off phone	Listen to relaxing music
Turn off laptop	Do 5 minutes of yoga	FREE	Take a shower	Get 8-10 hours of sleep
Use the bathroom	Set an alarm	Take a bath	Wash your face	Eat healthy
Go to bed and get up at the same time each day	Avoid daytime napping	Put on pyjamas	Dim the lights	Exercise regularly