

B	I	N	G	O
Undertake relaxing activities	Avoid alcohol	Develop rituals to wind down before going to bed	Limit liquid intake	Go to bed and get up at the same time each day.
Avoid working in bed	Regular bed/wake times	Hot bath	Avoid daytime napping	Make designated worry time
Use the bedroom only for sleep	Avoid use of sleeping pills	FREE	Eliminate bedroom noise.	Eliminate clocks from the bedroom.
Make bedroom comfortable	Exercise regularly but not too close to bedtime	Leave bed if awake	Don't lie in bed awake	Go to bed in a dark quiet room
Avoid using electronics before bed time	Limit or avoid caffeine	Decrease or avoid smoking	create a worry list	Decrease time in bed

B	I	N	G	O
Use the bedroom only for sleep	create a worry list	Avoid daytime napping	Exercise regularly but not too close to bedtime	Avoid working in bed
Limit liquid intake	Eliminate clocks from the bedroom.	Develop rituals to wind down before going to bed	Go to bed in a dark quiet room	Avoid use of sleeping pills
Eliminate bedroom noise.	Avoid alcohol	FREE	Don't lie in bed awake	Leave bed if awake
Decrease time in bed	Undertake relaxing activities	Decrease or avoid smoking	Make bedroom comfortable	Avoid using electronics before bed time
Go to bed and get up at the same time each day.	Eat a light snack	Make designated worry time	Hot bath	Regular bed/wake times

B	I	N	G	O
Make bedroom comfortable	Don't lie in bed awake	Use the bedroom only for sleep	Decrease time in bed	Limit liquid intake
Limit or avoid caffeine	Make designated worry time	create a worry list	Exercise regularly but not too close to bedtime	Avoid use of sleeping pills
Leave bed if awake	Avoid daytime napping	FREE	Eliminate bedroom noise.	Develop rituals to wind down before going to bed
Eat a light snack	Go to bed and get up at the same time each day.	Avoid using electronics before bed time	Avoid alcohol	Undertake relaxing activities
Regular bed/wake times	Hot bath	Eliminate clocks from the bedroom.	Go to bed in a dark quiet room	Decrease or avoid smoking