

B	I	N	G	O
Use your bed mainly for sleeping and resting	Choose drinks without caffeine especially in the afternoon and evening	Get regular physical activity during the day	Spend time winding down instead of rushing into bed	Limit drinks right before bedtime so sleep isn't interrupted
Finish intense exercise a few hours before bedtime	Turn off screens at least 60-120 minutes before bedtime	Make your bedroom a comfortable temperature	Create a calming bedtime routine (reading stretching breathing)	Practice slow breathing or mindfulness before bed
Try relaxing activities like drawing journaling or listening to calm music	Use your bedroom as a calm restful space	FREE	Do homework and screen time in another space before bed	Keep clocks notifications and distractions out of sight
Keep naps short and earlier in the day if you need one	Take a warm shower or bath to help your body relax before bed	Keep your bedroom quiet and peaceful	If you can't sleep get up and do something calm like read until you feel sleepy (no screens)	Make your bed cozy with pillows and blankets you like
Go to bed and wake up around the same time each day (even on weekends)	Eat a small healthy snack if you feel hungry before bed	Make your room dark or dim at bedtime	Write down worries earlier in the evening to clear your mind	Get morning sunlight to help your body wake up

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