B	I	N	G	O
sleeping well is a habit	Exercise regularly	Sleep in dark room	quiet environment	light therapy
REM sleep	remove nicotine patch	naps	Insomnia	no caffeine after 4 p.m.
relaxation exercise	stress	**FREE**	Lavender	don't go to bed hungry
extra pillows	reading	insufficient quality sleep	depression	medical conditions
deep breathing exercises	No TV before bed	no alcohol	warm shower	Regular bedtime

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B	I	N	G	O
stress	Insomnia	quiet environment	REM sleep	naps
Sleep in dark room	warm shower	light therapy	No TV before bed	no caffeine after 4 p.m.
extra pillows	Lavender	**FREE**	don't go to bed hungry	Exercise regularly
depression	no alcohol	sleeping well is a habit	Regular bedtime	reading
insufficient quality sleep	medical conditions	relaxation exercise	remove nicotine patch	deep breathing exercises

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B	I	N	G	O
No TV before bed	no alcohol	Insomnia	medical conditions	Lavender
sleeping well is a habit	extra pillows	insufficient quality sleep	remove nicotine patch	light therapy
relaxation exercise	Regular bedtime	**FREE**	reading	depression
stress	no caffeine after 4 p.m.	quiet environment	warm shower	Sleep in dark room
don't go to bed hungry	Exercise regularly	naps	REM sleep	deep breathing exercises

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