

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

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

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