

B	I	N	G	O
stress	16-18	caffeine	noise	laptops
adults	soda	more	7-8	sleep deprivation
weak immune system	9-10	FREE	coffee	depression
sleep apnea	insomnia	narcolepsy	cell phone	memory problems
TV	rls	anxiety	weight gain	bright lights

B	I	N	G	O
weak immune system	weight gain	7-8	insomnia	adults
noise	depression	caffeine	memory problems	9-10
coffee	16-18	FREE	cell phone	narcolepsy
bright lights	stress	anxiety	sleep apnea	TV
laptops	chronic illnesses	sleep deprivation	more	soda

B	I	N	G	O
sleep apnea	cell phone	weak immune system	bright lights	noise
rls	sleep deprivation	weight gain	insomnia	9-10
narcolepsy	7-8	FREE	coffee	caffeine
chronic illnesses	laptops	TV	16-18	stress
soda	more	depression	memory problems	anxiety