

B	I	N	G	O
sleep deprivation	SHHH	finish eating 2 hours prior to bedtime	racing thoughts	no nicotine
drinking caffeine	shower before bed	not too hot/cold	avoid naps	poor academic performance
set a regular bedtime	slower reaction time	FREE	bright lights	no TV
no alcohol	read a book	no computer	mood swings	no phone in bed
maintain regular wake time	depression	paper/pen on bed stand	time outside	exercise early in the day

B	I	N	G	O
slower reaction time	avoid naps	racing thoughts	drinking caffeine	not too hot/cold
finish eating 2 hours prior to bedtime	time outside	no nicotine	depression	poor academic performance
no alcohol	bright lights	FREE	no TV	SHHH
mood swings	paper/pen on bed stand	sleep deprivation	exercise early in the day	read a book
no computer	no phone in bed	set a regular bedtime	shower before bed	maintain regular wake time

B	I	N	G	O
depression	paper/pen on bed stand	avoid naps	no phone in bed	bright lights
sleep deprivation	no alcohol	no computer	shower before bed	no nicotine
set a regular bedtime	exercise early in the day	FREE	read a book	mood swings
slower reaction time	poor academic performance	racing thoughts	time outside	finish eating 2 hours prior to bedtime
no TV	SHHH	not too hot/cold	drinking caffeine	maintain regular wake time