

B	I	N	G	O
sleep	0	PSQI	immune	drinking coffee
5	set a regular bedtime	font enlargement	21	older adults
sleep deprivation	3	FREE	falls	chronic illnesses
40-60	circadian rhythm	less	depression	higher
limit interruptions	bright lights	SHHH	exactly	4

B	I	N	G	O
falls	drinking coffee	3	older adults	4
less	chronic illnesses	circadian rhythm	set a regular bedtime	21
sleep deprivation	immune	FREE	exactly	5
PSQI	font enlargement	limit interruptions	40-60	higher
0	sleep	sleep partner	7	SHHH

B	I	N	G	O
falls	5	higher	7	21
0	sleep partner	PSQI	sleep deprivation	40-60
set a regular bedtime	limit interruptions	FREE	depression	immune
4	exactly	circadian rhythm	chronic illnesses	3
older adults	drinking coffee	SHHH	font enlargement	sleep