

B	I	N	G	O
Use your bedroom only for sleep. Work eat and watch TV in another room.	12% of people dream entirely in black and white.	Establish a regular relaxing bedtime routine.	Sleep 10-11 hours every night.	Lay in bed only for sleep.
Avoid Caffeine with in 6 hours before bedtime.	Two thirds of a cat's life is spent asleep.	Relaxing rituals prior to bedtime may include a warm bath or shower aroma therapy reading or listing to soothing music.	A good night's sleep will help you remember what you learned that day.	The sensation of falling when half asleep and jerking yourself awake is called 'hypnic jerks'.
sleeping not for work or watching TV.	A good nights sleep will help you fight germs.	FREE	Go to bed around 10 or 11 PM to avoid 'second wind syndrome'	Go to bed at the same time every night.
Sleep on a comfortable mattress and pillows.	Insomnia is a significant lack of high-quality sleep. It can be short-term or chronic.	Set the alarm and turn the clock around so that you can not see the time.	Exercise regularly finish a few hours before bedtime.	Maintain a regular bedtime and awakening time schedule even on weekends.
A good nights sleep will help you pay attention.	Sleep in a room that is dark quite comfortable and cool.	Avoid naps.	'Sleep hygiene' is the term used to describe good sleep habits.	Elephants sleep standing up.

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Elephants sleep standing up.	Use your bedroom only for sleep. Work eat and watch TV in another room.	Avoid naps.	Sleep on a comfortable mattress and pillows.	A good nights sleep will help you pay attention.
Lay in bed only for sleep.	Finish eating at least 2-3 hours prior to your regular bedtime.	The sensation of falling when half asleep and jerking yourself awake is called 'hypnic jerks'.	Relaxing rituals prior to bedtime may include a warm bath or shower aroma therapy reading or listing to soothing music.	Two thirds of a cat's life is spent asleep.

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