B	I	N	G	O
room is cool	Do not lie in bed awake	eat 5-7 servings of F&V	no heavy or rich foods before bed	no carbonated drinks before bed
bedroom is dark	regular sleep schedule	no drugs or diet pills before bed	Get plenty of sun	no fried food before bed
no spice dishes before bed	room is free of distractions	**FREE**	No arguements before bed	no alcohol before
no alcohol before bed (3hrs)	no smoking before bed	no caffeine after lunch	get regular exercise	no citrus fruits before bed
eat a balanced diet	Regular relaxing bedtime routine	no electronics in bedroom	supportive mattress	drink 64 oz of water

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B	I	N	G	O
room is free of distractions	Get plenty of sun	no heavy or rich foods before bed	bedroom is dark	no drugs or diet pills before bed
eat 5-7 servings of F&V	supportive mattress	no carbonated drinks before bed	Regular relaxing bedtime routine	no fried food before bed
no alcohol before bed (3hrs)	No arguements before bed	**FREE**	no alcohol before	Do not lie in bed awake
get regular exercise	no electronics in bedroom	room is cool	drink 64 oz of water	no smoking before bed
no caffeine after lunch	no citrus fruits before bed	no spice dishes before bed	regular sleep schedule	eat a balanced diet

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B	I	N	G	O
Regular relaxing bedtime routine	no electronics in bedroom	Get plenty of sun	no citrus fruits before bed	No arguements before bed
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room is free of distractions	no fried food before bed	no heavy or rich foods before bed	supportive mattress	eat 5-7 servings of F&V
no alcohol before	Do not lie in bed awake	no drugs or diet pills before bed	bedroom is dark	eat a balanced diet

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