

B	I	N	G	O
Regular bed/wake times	Avoid alcohol	Develop rituals to wind down before going to bed	Limit liquid intake	Exercise regularly but not too close to bedtime
Decrease or avoid smoking	Make designated worry time or create a worry list.	Go to bed in a dark quiet room that isn't too hot or too cold	Avoid use of sleeping pills	Leave bed if awake
Make bedroom comfortable	Undertake relaxing activities	FREE	Avoid using electronics before bed time	Eliminate bedroom noise.
Eliminate clocks from the bedroom.	Limit or avoid caffeine	Eliminate napping	Eat a light snack	Go to bed and get up at the same time each day.
Don't lie in bed awake	Avoid working or paying bills in bed	Hot bath	Use the bedroom only for sleep	Decrease time in bed

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