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

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

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B	I	N	G	O
Avoid using electronics before bed time	Hot bath	Avoid daytime napping	Go to bed and get up at the same time each day.	Avoid use of sleeping pills
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Eat a light snack	Avoid alcohol	Go to bed in a dark quiet room that isn't too hot or too cold	Avoid working or paying bills in bed	Develop rituals to wind down before going to bed

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