

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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