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

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

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