

B	I	N	G	O
Try relaxing rituals before bedtime.	In sleep apnea is when your breathing stops or gets very shallow.	Establish a regular bedtime routine.	Sleep in a room that is dark quite comfortable and cool.	Older Adults spend less time in deep sleep.
Cut down on water intake before bed.	Take naps in the early afternoon.	Put a nightlight in the bathroom.	Avoid Caffeine with in 6 hours before bedtime.	Set an alarm and turn the clock around so that you can not see the time.
Sleep on a comfortable mattress and pillows.	Use your bedroom only for sleep.	FREE	Avoid smoking with in 2 hours of bedtime.	Go to bed around 10 or 11 PM.
Insomnia is a significant lack of high-quality sleep.	Sleep is just as important as diet and exercise.	Maintain a regular bedtime.	Finish eating at least 2-3 hours before bedtime.	Older Adults wake up 3-4 times a night.
Exercise regularly.	Cut down on sugary foods.	Restless legs syndrome is the irresistible urge to move the legs.	We spend an average of 25 years sleeping.	Eat and watch TV in another room.

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