

B	I	N	G	O
The average person takes 7 minutes to fall asleep.	In sleep apnea is when your breathing stops or gets very shallow.	Eat and watch TV in another room.	Sleep in a room that is dark quite comfortable and cool.	Maintain a regular bedtime.
Cut down on sugary foods.	Take naps in the early afternoon.	Put a nightlight in the bathroom.	60% of adults experience sleep problems.	Set an alarm and turn the clock around so that you can not see the time.
Sleep on a comfortable mattress and pillows.	Try relaxing rituals before bedtime.	FREE	Avoid Caffeine with in 6 hours before bedtime.	Finish eating at least 2-3 hours before bedtime.
Go to bed around 10 or 11 PM.	Sleep is just as important as diet and exercise.	Insomnia is a significant lack of high-quality sleep.	Exercise regularly.	Older Adults spend less time in deep sleep.
Establish a regular bedtime routine.	Avoid smoking with in 2 hours of bedtime.	Restless legs syndrome is the irresistible urge to move the legs.	Use your bedroom only for sleep.	Cut down on water intake before bed.

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