

B	I	N	G	O
You may be slumbering but your brain never stops working.	After about 15 minutes of not being able to get to sleep to to another room.	Exercise regularly.	Sleep on a comfortable mattress and pillows.	Maintain a regular bedtime and awakening time schedule even on weekends.
Elephants sleep standing up.	Use your bedroom only for sleep. Work eat and watch TV in another room.	Relaxing rituals prior to bedtime may include a warm bath aroma therapy reading or listing to soothing music.	Avoid Caffeine with in 6 hours before bedtime.	Sleep in a room that is dark quite comfortable and cool.
There are many medications which are used to treat insomnia but these tend to be only effective in the short-term.	sleeping not for work or watching TV.	FREE	Avoid naps.	Insomnia is a significant lack of high-quality sleep.
Journal close to bedtime.	The longest period some one went with out sleep was almost 19 days during a rocking chair marathon.	Lay in bed only for sleeping or intercourse.	Go to bed around 10 or 11 PM to avoid 'second wind syndrome'	Poor sleep habits can cause health issues.
Finish eating at least 2-3 hours prior to your regular bedtime.	Avoid smoking with in 2 hours of bedtime.	Set the alarm and turn the clock around so that you can not see the time.	'Sleep hygiene' is the term used to describe good sleep habits.	Establish a regular bedtime routine.

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