

B	I	N	G	O
No smoking or vaping	Avoid alcohol during the day	Bedroom is not too hot or too cold	Leave bed if awake	Go to bed in a dark & quiet room
Avoid use of sleeping pills	No phone use in bed	Hot bath or shower before bed	Avoid computer before bedtime	I have relaxing hobbies or activities
Little bedroom noise	Only use my bed for sleep	FREE	Avoid daytime napping	Eliminate clocks from the bedroom
Exercise regularly but not too close to bedtime	Limit or avoid caffeine or energy drinks	Go to bed and get up at the same time each day	Eat a light snack before bedtime	Have a night ritual to wind down
Don't lie in bed awake	Avoid schoolwork in bed	I have a worry time or a worry list	Regular bed/wake times every day	Bedroom and bed are comfortable

B	I	N	G	O
Only use my bed for sleep	Avoid computer before bedtime	Leave bed if awake	Avoid use of sleeping pills	Hot bath or shower before bed
Bedroom is not too hot or too cold	Regular bed/wake times every day	Go to bed in a dark & quiet room	Avoid schoolwork in bed	I have relaxing hobbies or activities
Exercise regularly but not too close to bedtime	Avoid daytime napping	FREE	Eliminate clocks from the bedroom	Avoid alcohol during the day
Eat a light snack before bedtime	I have a worry time or a worry list	No smoking or vaping	Bedroom and bed are comfortable	Limit or avoid caffeine or energy drinks
Go to bed and get up at the same time each day	Have a night ritual to wind down	Little bedroom noise	No phone use in bed	Don't lie in bed awake

B	I	N	G	O
Avoid schoolwork in bed	I have a worry time or a worry list	Avoid computer before bedtime	Have a night ritual to wind down	Avoid daytime napping
No smoking or vaping	Exercise regularly but not too close to bedtime	Go to bed and get up at the same time each day	No phone use in bed	Go to bed in a dark & quiet room
Little bedroom noise	Bedroom and bed are comfortable	FREE	Limit or avoid caffeine or energy drinks	Eat a light snack before bedtime
Only use my bed for sleep	I have relaxing hobbies or activities	Leave bed if awake	Regular bed/wake times every day	Bedroom is not too hot or too cold
Eliminate clocks from the bedroom	Avoid alcohol during the day	Hot bath or shower before bed	Avoid use of sleeping pills	Don't lie in bed awake