

B	I	N	G	O
My bedroom is very dark	I do not drink caffeine after noon each day	I don't take naps during the day	I use my bed only for sleep	I go to bed and get up at the same time each day
I don't pull all-nighters to get things done	My bedroom is quiet	I have effective strategies to deal with worrying	I do not use my phone prior to bedtime	I take a hot bath or shower before bed
My bedroom is not too hot or too cold	My roommate respects my sleep and wake schedule	FREE	I don't do schoolwork or study in bed	I don't use sleeping pills
I eat a light snack before bedtime	My bed is comfortable	I exercise regularly but not too close to bedtime	I don't use my computer before bedtime	I have a nighttime ritual before bed
I don't use alcohol	I don't lie in bed awake	I have relaxing hobbies or activities	My sleeping clothes are comfortable and different from my daytime clothes	I don't smoke or vape

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