

B	I	N	G	O
Talk to a trusted adult if you continue to struggle falling asleep.	Avoid caffeine at least 6 hours before bedtime.	Go to bed at the same time each night.	Sleep in a dark room.	Make your bed comfy.
Get regular exercise.	Take a bath before bedtime.	Prioritize sleep.	Create a morning routine to help wake yourself up.	Reduce your fluid intake before bedtime.
Stay off of electronics before bed.	Try meditating.	FREE	Don't eat a large meal right before bed.	Keep naps short.
Keep your bedroom at a comfortable cool temperature.	Start a sleep diary.	Limit your exposure to bright light in the evenings.	Keep a healthy diet.	Make your bedroom quiet and relaxing.
Have a bedtime routine.	Get at least 8-10 hours of sleep.	Read a book before going to sleep.	Write in a journal to clear your mind before going to sleep.	Get up and read a book if you can't sleep.

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