

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

This bingo card was created randomly from a total of 24 events.
Avoid caffeine at least 6 hours before bedtime., Create a morning routine to help wake yourself up., Don't eat a large meal right before bed., Get at least 8-10 hours of sleep., Get regular exercise., Get up and read a book if you can't sleep., Go to bed at the same time each night., Have a bedtime routine., Keep a healthy diet., Keep naps short., Keep your bedroom at a comfortable cool temperature., Limit your exposure to bright light in the evenings., Make your bed comfy., Make your bedroom quiet and relaxing., Prioritize sleep., Read a book before going to sleep., Reduce your fluid intake before bedtime., Sleep in a dark room., Start a sleep diary., Stay off of electronics before bed., Take a bath before bedtime., Talk to a trusted adult if you continue to struggle falling asleep., Try meditating., Write in a journal to clear your mind before going to sleep..

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