Let's talk about Sleep Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 4 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/f6q3ukx

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next two pages you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 4.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to https://myfreebingocards.com/faq where you will find solutions to most common problems.

Share

Pin these bingo cards on Pinterest, share on Facebook, or post this link: mfbc.us/s/f6q3ukx

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/f6q3ukx

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

NOTE - Your caller's card continues onto the next page of this PDF.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

It’s too hot	It’s too cold	Lots on my mind	Caffeine	Had an argument	Worried about the kids	Stressful day at work
Uncomfortable mattress	Noisy neighbours	The book is too exciting	Too much exercise	Possessing the events of the day	Worried about waking up	Had a long nap
A little bit drunk	I not good at sleeping	Anxiety	History of poor sleep	Busy brain	Medical issue	Need a wee
Cat is running around	Took meds at the wrong time	Too much pain	Baby is crying	Shift work	Too light	Too dark
Replaying conversations from the day	Got a deadline	Can’t stop scrolling	Worried about having a bad dream	Partner snoring	Money worries	Hungry
Thirsty	Anticipating a change in the morning	Depression	Slept all day	Haven’t got time	Don’t like sleep	Can’t switch off
Can’t get comfortable	Being overtired	Sudden burst of energy	Inpatient for tomorrow	Excited about tomorrow	Dreading tomorrow	Not tired

Bingo Caller's Card - Continued

Mind racing	Clock ticking	Strange noise	Being in a new place			

Bingo Card ID 001

Let's talk about Sleep

Worried about the kids	Had a long nap	It’s too hot	Anxiety	Took meds at the wrong time
Money worries	Too light	Clock ticking	Being overtired	Worried about having a bad dream
Dreading tomorrow	Can’t switch off	Lots on my mind	Stressful day at work	The book is too exciting
Excited about tomorrow	Don’t like sleep	Had an argument	Mind racing	Being in a new place
Slept all day	Haven’t got time	Uncomfortable mattress	Shift work	Medical issue

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Bingo Card ID 002

Let's talk about Sleep

Had an argument	Worried about the kids	Uncomfortable mattress	Too much exercise	Sudden burst of energy
Excited about tomorrow	It’s too cold	Depression	Thirsty	Had a long nap
Need a wee	Can’t get comfortable	Can’t switch off	Shift work	Partner snoring
Slept all day	Lots on my mind	Too light	Busy brain	Got a deadline
Not tired	Haven’t got time	Being overtired	Worried about having a bad dream	Strange noise

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Bingo Card ID 003

Let's talk about Sleep

Medical issue	Got a deadline	Had an argument	Don't like sleep	Worried about waking up
Too dark	Money worries	Mind racing	Can't stop scrolling	Lots on my mind
Too light	Replaying conversations from the day	Cat is running around	Too much exercise	Not tired
It's too hot	Too much pain	It's too cold	Being overtired	History of poor sleep
Uncomfortable mattress	Slept all day	Anxiety	Busy brain	Inpatient for tomorrow

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Bingo Card ID 004

Let's talk about Sleep

Hungry	Too dark	Replaying conversations from the day	Slept all day	Noisy neighbours
Medical issue	Haven't got time	Clock ticking	Being in a new place	Lots on my mind
Depression	Don't like sleep	It's too cold	Anticipating a change in the morning	Need a wee
Dreading tomorrow	Worried about the kids	Stressful day at work	Not tired	Took meds at the wrong time
I not good at sleeping	Inpatient for tomorrow	Had a long nap	Got a deadline	Had an argument

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Bingo Card ID 005

Let's talk about Sleep

Clock ticking	Being in a new place	Hungry	A little bit drunk	Too dark
Lots on my mind	Partner snoring	Busy brain	Mind racing	Worried about having a bad dream
Shift work	Possessing the events of the day	Took meds at the wrong time	Had an argument	Slept all day
Can't get comfortable	Anticipating a change in the morning	Too light	Worried about the kids	Excited about tomorrow
History of poor sleep	Too much exercise	Inpatient for tomorrow	Anxiety	I not good at sleeping

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Bingo Card ID 006

Let's talk about Sleep

Possessing the events of the day	Worried about waking up	Too much pain	Anxiety	Clock ticking
Medical issue	Had a long nap	Need a wee	Money worries	Being overtired
Inpatient for tomorrow	Baby is crying	Busy brain	Mind racing	Strange noise
Worried about the kids	Took meds at the wrong time	Excited about tomorrow	Depression	Had an argument
Don't like sleep	Thirsty	Shift work	A little bit drunk	Slept all day

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Bingo Card ID 007

Let's talk about Sleep

I not good at sleeping	Baby is crying	Haven't got time	Dreading tomorrow	Worried about having a bad dream
Stressful day at work	The book is too exciting	Inpatient for tomorrow	Medical issue	Mind racing
Noisy neighbours	Possessing the events of the day	Had an argument	Caffeine	Not tired
Excited about tomorrow	Money worries	Too dark	It's too hot	Replaying conversations from the day
Being overtired	Cat is running around	Anticipating a change in the morning	Busy brain	Got a deadline

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Bingo Card ID 008

Let's talk about Sleep

Stressful day at work	Had a long nap	I not good at sleeping	Too light	Sudden burst of energy
Can't get comfortable	Can't switch off	Money worries	Worried about waking up	Not tired
Too dark	Thirsty	Shift work	Replaying conversations from the day	A little bit drunk
Baby is crying	Uncomfortable mattress	Too much exercise	Hungry	Worried about having a bad dream
Anticipating a change in the morning	Need a wee	Slept all day	Lots on my mind	It's too cold

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Bingo Card ID 009

Let's talk about Sleep

Worried about waking up	Can't get comfortable	Need a wee	Too much pain	Partner snoring
It's too cold	Depression	Possessing the events of the day	Can't stop scrolling	Money worries
Took meds at the wrong time	Lots on my mind	Haven't got time	Anticipating a change in the morning	Strange noise
Being in a new place	Cat is running around	Clock ticking	Slept all day	Being overtired
Don't like sleep	Got a deadline	Had a long nap	Not tired	Noisy neighbours

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Bingo Card ID 010

Let's talk about Sleep

Dreading tomorrow	Hungry	Haven't got time	Partner snoring	Anxiety
Medical issue	Baby is crying	Worried about having a bad dream	It's too cold	Excited about tomorrow
Not tired	Caffeine	Shift work	Busy brain	Lots on my mind
Anticipating a change in the morning	Too much exercise	Stressful day at work	A little bit drunk	It's too hot
Depression	Worried about the kids	Too light	Too dark	Strange noise

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Bingo Card ID 011

Let's talk about Sleep

Took meds at the wrong time	Anxiety	Too much exercise	Need a wee	History of poor sleep
Strange noise	Too light	Money worries	Sudden burst of energy	Partner snoring
Slept all day	Had a long nap	Anticipating a change in the morning	The book is too exciting	Shift work
Being overtired	Thirsty	Don’t like sleep	Worried about the kids	Not tired
Medical issue	Can’t get comfortable	Clock ticking	Had an argument	Caffeine

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Bingo Card ID 012

Let's talk about Sleep

Excited about tomorrow	Worried about the kids	Don’t like sleep	Caffeine	Can’t stop scrolling
Anxiety	Busy brain	Depression	Lots on my mind	Sudden burst of energy
Can’t switch off	Too light	Stressful day at work	Replaying conversations from the day	Possessing the events of the day
Money worries	Shift work	History of poor sleep	Being overtired	Cat is running around
Anticipating a change in the morning	Too much exercise	Had an argument	Worried about waking up	Worried about having a bad dream

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Bingo Card ID 013

Let's talk about Sleep

Had an argument	Sudden burst of energy	Replaying conversations from the day	Can't get comfortable	Depression
Thirsty	Can't stop scrolling	Inpatient for tomorrow	Being in a new place	Possessing the events of the day
Too light	Worried about the kids	Baby is crying	Being overtired	It's too cold
Don't like sleep	I not good at sleeping	Money worries	Too much exercise	Excited about tomorrow
Haven't got time	The book is too exciting	Had a long nap	Need a wee	Uncomfortable mattress

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Bingo Card ID 014

Let's talk about Sleep

Strange noise	Can't stop scrolling	Inpatient for tomorrow	Being in a new place	Stressful day at work
Cat is running around	Medical issue	Too dark	Need a wee	Had an argument
Depression	Baby is crying	Took meds at the wrong time	Partner snoring	Uncomfortable mattress
Too light	Can't switch off	Don't like sleep	Got a deadline	Too much exercise
Busy brain	Shift work	Not tired	History of poor sleep	It's too hot

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Bingo Card ID 015

Let's talk about Sleep

Caffeine	Not tired	Thirsty	Too much exercise	Can't get comfortable
Clock ticking	Slept all day	Anxiety	Got a deadline	Excited about tomorrow
Hungry	Worried about the kids	Depression	Too light	Noisy neighbours
Anticipating a change in the morning	Too much pain	Don't like sleep	Uncomfortable mattress	Being overtired
Medical issue	Too dark	Took meds at the wrong time	Haven't got time	Worried about having a bad dream

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Bingo Card ID 016

Let's talk about Sleep

Cat is running around	Anticipating a change in the morning	Don't like sleep	Too much exercise	Too dark
Replaying conversations from the day	Busy brain	Shift work	I not good at sleeping	It's too cold
History of poor sleep	Partner snoring	Worried about waking up	Strange noise	Hungry
Stressful day at work	Mind racing	Medical issue	Sudden burst of energy	Had an argument
Noisy neighbours	The book is too exciting	Too light	It's too hot	Inpatient for tomorrow

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Bingo Card ID 017

Let's talk about Sleep

Thirsty	Partner snoring	Clock ticking	Don't like sleep	Noisy neighbours
Being overtired	I not good at sleeping	Inpatient for tomorrow	Being in a new place	Money worries
Need a wee	Replaying conversations from the day	Too light	Worried about the kids	Worried about having a bad dream
Anxiety	Too much exercise	Haven't got time	Caffeine	Can't stop scrolling
Can't get comfortable	Too much pain	Medical issue	A little bit drunk	Depression

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Bingo Card ID 018

Let's talk about Sleep

Cat is running around	Anxiety	Slept all day	The book is too exciting	Thirsty
Sudden burst of energy	A little bit drunk	Possessing the events of the day	Stressful day at work	Depression
Being in a new place	Had an argument	Replaying conversations from the day	Too much pain	Too light
Need a wee	Don't like sleep	Had a long nap	Uncomfortable mattress	Dreading tomorrow
Worried about having a bad dream	Took meds at the wrong time	Shift work	Worried about waking up	Got a deadline

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Bingo Card ID 019

Let's talk about Sleep

Worried about waking up	Busy brain	Slept all day	Can't switch off	Too light
It's too cold	Can't stop scrolling	Baby is crying	Cat is running around	Inpatient for tomorrow
Too much exercise	Can't get comfortable	Took meds at the wrong time	Medical issue	Being in a new place
Noisy neighbours	Need a wee	Too much pain	Strange noise	Dreading tomorrow
Depression	Got a deadline	Partner snoring	Too dark	It's too hot

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Bingo Card ID 020

Let's talk about Sleep

Worried about waking up	Depression	Mind racing	Busy brain	Haven't got time
Too much pain	Too much exercise	Strange noise	Don't like sleep	Excited about tomorrow
A little bit drunk	Lots on my mind	Worried about having a bad dream	Uncomfortable mattress	Dreading tomorrow
Caffeine	Anxiety	Too dark	Clock ticking	Inpatient for tomorrow
Replaying conversations from the day	Not tired	It's too hot	Possessing the events of the day	History of poor sleep

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Bingo Card ID 021

Let's talk about Sleep

Haven't got time	Medical issue	Thirsty	Dreading tomorrow	Caffeine
Don't like sleep	Replaying conversations from the day	Noisy neighbours	Too dark	Got a deadline
Had a long nap	Too much pain	Sudden burst of energy	Hungry	Clock ticking
Took meds at the wrong time	Anticipating a change in the morning	Partner snoring	It's too cold	It's too hot
Being in a new place	Being overtired	Stressful day at work	Baby is crying	Not tired

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Bingo Card ID 022

Let's talk about Sleep

Cat is running around	The book is too exciting	Sudden burst of energy	Took meds at the wrong time	Possessing the events of the day
Noisy neighbours	Worried about waking up	Uncomfortable mattress	A little bit drunk	Being in a new place
Can't stop scrolling	Stressful day at work	Clock ticking	Worried about the kids	Dreading tomorrow
Excited about tomorrow	Thirsty	Anxiety	Slept all day	Anticipating a change in the morning
I not good at sleeping	Strange noise	Had an argument	Can't get comfortable	History of poor sleep

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Bingo Card ID 023

Let's talk about Sleep

Can't stop scrolling	Uncomfortable mattress	Slept all day	Can't switch off	A little bit drunk
Excited about tomorrow	It's too hot	Baby is crying	Partner snoring	Haven't got time
I not good at sleeping	Too much pain	Too much exercise	The book is too exciting	Got a deadline
Can't get comfortable	Had an argument	Hungry	Money worries	Cat is running around
Too dark	Mind racing	Replaying conversations from the day	Medical issue	Strange noise

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Bingo Card ID 024

Let's talk about Sleep

Busy brain	Uncomfortable mattress	History of poor sleep	Too light	Got a deadline
Anxiety	Replaying conversations from the day	It's too hot	Mind racing	Possessing the events of the day
Stressful day at work	Thirsty	Dreading tomorrow	Don't like sleep	Can't switch off
Sudden burst of energy	Noisy neighbours	Clock ticking	Hungry	Inpatient for tomorrow
Depression	The book is too exciting	Caffeine	Too much exercise	Being in a new place

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Bingo Card ID 025

Let's talk about Sleep

Sudden burst of energy	Got a deadline	Strange noise	Noisy neighbours	Depression
It’s too hot	Worried about the kids	Slept all day	Hungry	Thirsty
Being in a new place	Not tired	The book is too exciting	Medical issue	Worried about waking up
Baby is crying	Cat is running around	Can’t get comfortable	Replaying conversations from the day	Can’t stop scrolling
A little bit drunk	I not good at sleeping	Lots on my mind	Mind racing	Don’t like sleep

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Bingo Card ID 026

Let's talk about Sleep

A little bit drunk	Too dark	Strange noise	Caffeine	Can’t stop scrolling
Need a wee	Had an argument	Too light	Busy brain	Cat is running around
Anticipating a change in the morning	I not good at sleeping	Not tired	Noisy neighbours	Haven’t got time
Worried about waking up	Can’t switch off	It’s too cold	Being in a new place	Replaying conversations from the day
Excited about tomorrow	Mind racing	Uncomfortable mattress	Thirsty	Clock ticking

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Bingo Card ID 027

Let's talk about Sleep

Worried about having a bad dream	The book is too exciting	Caffeine	I not good at sleeping	Clock ticking
It’s too hot	Took meds at the wrong time	Slept all day	Mind racing	Depression
Hungry	Medical issue	Haven’t got time	Anticipating a change in the morning	Inpatient for tomorrow
A little bit drunk	Worried about waking up	Lots on my mind	Being in a new place	History of poor sleep
Cat is running around	Noisy neighbours	Got a deadline	Baby is crying	Money worries

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Bingo Card ID 028

Let's talk about Sleep

Had a long nap	The book is too exciting	I not good at sleeping	Can’t switch off	It’s too hot
Excited about tomorrow	Money worries	Busy brain	Partner snoring	Mind racing
Noisy neighbours	It’s too cold	Replaying conversations from the day	Strange noise	Not tired
Hungry	History of poor sleep	Haven’t got time	A little bit drunk	Lots on my mind
Thirsty	Possessing the events of the day	Too light	Stressful day at work	Had an argument

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Bingo Card ID 029

Let's talk about Sleep

Too much pain	Strange noise	Can't switch off	Mind racing	Anxiety
Not tired	It's too cold	It's too hot	History of poor sleep	Slept all day
Too much exercise	Shift work	Money worries	Medical issue	A little bit drunk
Worried about waking up	Being in a new place	Caffeine	Anticipating a change in the morning	The book is too exciting
Worried about having a bad dream	Too light	Too dark	Replaying conversations from the day	Partner snoring

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Bingo Card ID 030

Let's talk about Sleep

Dreading tomorrow	Caffeine	Strange noise	Anticipating a change in the morning	Busy brain
It's too hot	Not tired	Hungry	Haven't got time	Shift work
Don't like sleep	Being overtired	Can't switch off	Sudden burst of energy	Possessing the events of the day
I not good at sleeping	Depression	Need a wee	Thirsty	Had a long nap
Clock ticking	Lots on my mind	Being in a new place	Anxiety	Medical issue

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