

Name: _____

Date: _____

Period: _____

Rest & Sleep

T E S I O N E T I H W P Y S D D O U R R T Y S V
S D G G A W F K O Z L W A U Q S Y W I Q S Q D G
R S O T T X Z L W A O P E B A B O R I E L S C Q
V M U E X X J K O D H D J F X N J S D O E K G G
N D F I B V M N W Z A E H U K F B I C X E B I E
C C J Y E Y L F C G C M H S N K X M K N P Z Q G
C M U B F G B F U R G G L R B A I U Z O E T Y F
O Y M U F F V R U B Z E V E I A U D J I N D H T
M E W O L L I P M I E T C M K N N I C T V D T Z
F V O T W L T B H P K R B R I R G U R A I P B G
O W Z Y U Z N U I A L E J N F H L Y Q V R A F P
R U H G D N Y B J L A X O T Z H K Q D I O U Y L
T I O N K K J X G E G T C M K L T Z V R N S P H
A D L I G H T A P S A N W M A Y U V B P M K N I
B K E R J S K O L L W K Y A Y V O V E E E J U V
L F P D G S K V E K V U T T M T O F D D N K M J
E W A E E E U M Z Q I H W T Z J A N M P T B S C
C L P B Y N B P E K B Y R R Y P F S G E R G I C
L U B C P K V U Z S E C M E H T B S F E U M M R
O T F Y O R Z N A Z P P H S S M E V A L G D E J
T O D O S A P K B D J H N S L V U A P S W S D H
H X R Z F D S Q C C O E J O B Q C R U S T K E Y
E H X M G I B S F A H X J N I F A U P N E J U Y
S L H E R U T A R E P M E T G E D D M L I D Z G

Comfortable clothes
White noise
Darkness
Pillow
Rest

Sleep environment
Temperature
Mattress
Light
REM

Sleep deprivation
Melatonin
Earplugs
Sleep
Bed