

Name: _____

Sleep

deep breathing

consistency

light stage

meditation

blue light

cell phone

technology

deep stage

computers

melatonin

REM stage

counting

bed time

screens

texting

reading

repair

relax

awake

dream

sleep

nap



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