

Name: _____

Date: _____

Sleep

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

sleep deprived

disorientated

hypersomnia

body clock

insomnia

pyjamas

stress

sleep

rest

bed