

Name: _____

Date: _____

Sleep Better

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

sleep schedule

exercise

bedtime

relax

rest

deep breathing

lavender

dreams

light

zzz

caffeine

routine

sheep

sleep

tea