

Name: _____

Date: _____

Sleep Hygiene

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

temperature

dehydration

television

exercise

caffeine

bedroom

weather

social

stress

light

phone

sugar