

Sleep Hygiene Techniques

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

DECAFFEINATED DRINK
HEALTHY EATING
REDUCE NAPS
COLOURING
EXERCISE
SHOWER

NO CLOCK WATCHING
AVOID SCREENS
MEDICATION
BREATHING
READING
QUIET

WRITE THOUGHTS
TEMPERATURE
RELAXATION
DARKNESS
ROUTINE
YOGA