

Name: _____

Date: _____

Sleep Well

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

relaxation hot drink healthy bedtime
reading pillow brain tired
sleep bed