

Name: _____

Date: _____

Sleep - Body clock

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

deep sleep

bodyclock

11 hours

pajamas

bedtime

bedroom

wake up

pillow

dream

light

tired

stars

quiet

Sleep

rest

moon

sun

bed

pm

am