

Name: _____ Date: _____ Period: _____

Sweet Dreams

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

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| Balanced emotions | Circadian rhythm | Bedtime ritual | Lift your GPA |
| Key for teens | Mental health | Processing | Lights out |
| Recuperate | Melatonin | Shut eye | Hormones |
| Snooze | Drowsy | Repair | Quiet |
| Dream | Sleep | Zzzzz | Cool |
| Rest | Bed | | |