

# Sleep Hygiene

Find the hidden words within the grid of letters.



- |          |            |              |           |
|----------|------------|--------------|-----------|
| Rest     | Nap        | Nightlight   | Dream     |
| Bed      | Pajamas    | Alarm Clock  | Nightmare |
| Darkness | Fireflies  | Sleeping bag | Campfire  |
| Blanket  | Fairy Tale | Owl          | Bat       |
| Slippers | Stars      | Moon         | Mattress  |