

Sleep Hygiene

Find the hidden words within the grid of letters.



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