Sleep Hygiene

Find the hidden words within the grid of letters.

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

American Academy of Sleep Medicine

www.sleepeducation.com