

Sleep Hygiene

Find the hidden words within the grid of letters.

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

Rest

Nap

Nightlight

Nightmare

Bed

Pajamas

Alarm Clock

Campfire

Darkness

Fireflies

Sleeping bag

Bat

Blanket

Fairy Tale

Owl

Mattress

Slippers

Stars

Moon

Dream