

## What is Sleep?

Unscramble each word. Then use the marked letters to solve the second puzzle.

RESFLTU	R E S T F U L	
	10 1	
GARLUER IBEDEMT	R E G U L A R	B E D T I M E
	7 2	
DAERM	D R E A M	
	9	
OCLO	C O O L	
IEQUT	Q U I E T	
	4	
LACM	C A L M	
YHHLTEA	H E A L T H Y	
	5 6	
AWRM MIKL	W A R M	M I L K
		8
BEBLBU AHBT	B U B B L E	B A T H
		3
DKAR	D A R K	
ALMRA CLKCO	A L A R M	C L O C K

S L E E P	H Y G I E N E
1 2 3 4	5 6 7 8 9 10