

Healthy Sleep Search Word

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

BATH
BED
BEDTIME

BRUSH
CHILDREN
FAN

GOODNIGHT
LIGHTSOUT
MUSIC

PAJAMAS
PILLOW
QUIET

RELAX
SCHEDULE
SLEEP

STORY
STRETCHING
TIME

Did you know that a healthy sleep routine helps improve your grades, boost your memory and increase energy levels? Find all the words that help you get your recommended 9 – 11 hours of sleep each night.