Healthy Sleep Search Word

SPQUIETYXZ
QTAGFKEART
ASRWAGOLM
HLMEOANTEU
SEKDMLSRS
UEML QCALJI
RPBIADHSIC
BEHNNIDP
DLLCBATHING
KIYRTHING

BATH
BED
SLEEP
BRUSH
CHILD
FAN
NIGHT
STORY
MUSIC
PAJAMAS
PILLOW
QUIET
RELAX
STRETCHING

Did you know that a good night sleep helps you learn more in school, have energy to play and grow up big and strong? Find all the words that help you get your recommended 9 – 13 hours of sleep each night.