

Name: _____

Date: _____

sleep hygiene

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

cognitive therapy

revitalise

deep sleep

breathe

stress

worry

cool

white noise

rejuvenate

bodyscan

routine

soothe

myths

food

comfortable

safe place

hormones

alcohol

peace

sleep

bed

mindfulness

relaxation

caffeine

pillow

light

rest

nap

sleep cycle

medication

insomnia

snooze

snore

calm