

Name: _____

Date: _____

Sleep Word Search

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

Rapid Eye Movement
sleepwalking
hypnagogia
serotonin
bedtime
awake
yawn

circadian rhythm
hypnopompic
narcolepsy
deprived
benefit
dream
bed

sleeplessness
microsleeps
melatonin
insomnia
fatigue
Sleep
nap

irritability
sleep apnea
nightmare
arousal
stimuli
tired