Name: _____ Date: _____

Sleep Word Search

TECHNOLOGY

BLUE LIGHT

MELATONIN

COMPUTERS

BED TIME

TWILIGHT

SCREENS

TEXTING

READING

IPHONE

SLEEP

RELAX

AWAKE

DREAM

NAP



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