

Name: _____

Date: _____

Sleep Hygiene Word Search

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

Aromatherapy
Lavender
Bright
Tired
Mask
Zen

Stimulants
Caffeine
Sheets
Awake
Book
fan

Consistent
Nicotine
Rested
Music
Mood

Irritable
Bedroom
Health
Sleep
Yoga

Exercise
Bedtime
Shower
Warm
Naps