|  |
| --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Hours of sleep

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

   night       mattress       sheets       bed       doona       pillow       front       back       side       awake       dreaming       light       deep       adults       teenagers       adolescence       children       toddler       recommended       hours       sleep