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

Insomnia

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

   Alcohol       Anxiety       Benzodiazepines       Caffeine       Cognitive therapist       Depression       Doxepin       Family       Friends       Insomnia       Nicotine       No sleep       Nonbenzodiazepines       Ramelteon       Stress       Tired       Yoga