|  |  |
| --- | --- |
| 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 |

   arousal       awake       bed       bedtime       benefit       circadian rhythm       deprived       dream       fatigue       hypnagogia       hypnopompic       insomnia       irritability       melatonin       microsleeps       nap       narcolepsy       nightmare       Rapid Eye Movement       serotonin       Sleep       sleep apnea       sleeplessness       sleepwalking       stimuli       tired       yawn