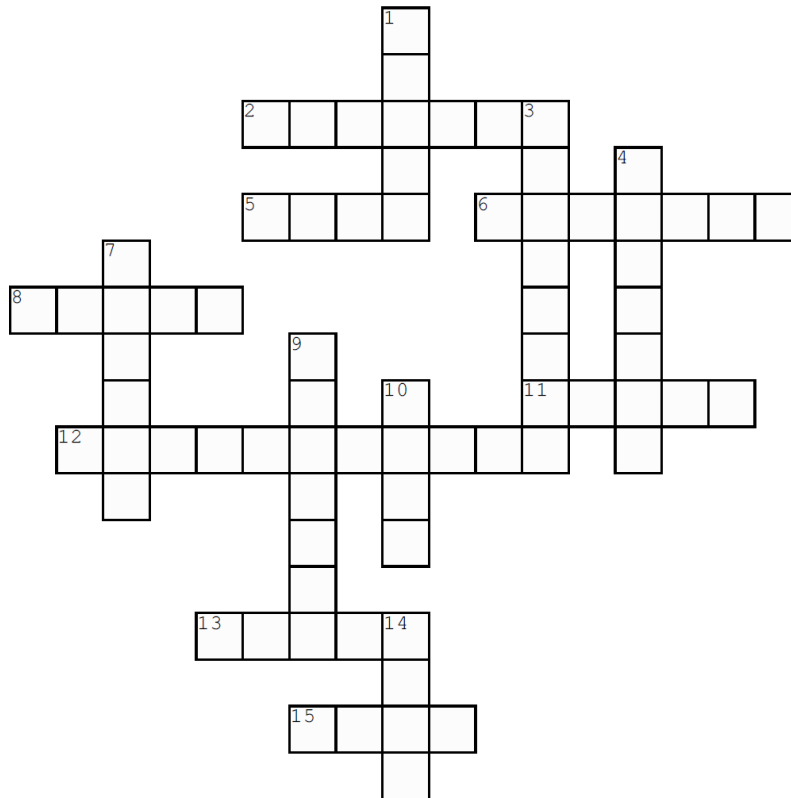


# SLEEP TIGHT CROSSWORD PUZZLE

Complete the crossword below to learn some snooze clues to help get a healthy night's sleep.



## Horizontal

2. \_\_\_\_\_ in and out. This is a technique to calm my body before bed.
5. My sleeping environment should be the opposite of light.
6. Sleep is essential to keep me \_\_\_\_\_ and makes me perform better in the classroom, on the field and in life.
8. I don't like loud noise when I sleep. I like for it to be \_\_\_\_\_.
11. At least 9-12 hours of \_\_\_\_\_ is important for my health.
12. My sleeping environment should be the opposite of uncomfortable.
13. Listening to this helps me relax before bed.
15. Reading a \_\_\_\_\_ could be part of my wind-down routine.

## Vertical

1. Fill up with a nutritious \_\_\_\_\_ before bedtime.
3. Getting 30 minutes of moderate \_\_\_\_\_ during the day can help me relax at night.
4. This fuzzy item might be my go-to for snuggling up when it's time to snooze.
7. Some people like soft, some people like firm.
9. At least one hour before bedtime I turn off all \_\_\_\_\_.
10. I practice activities like deep breathing or yoga to \_\_\_\_\_ me before I go to sleep.
14. I sleep best when the temperature of my sleeping environment is \_\_\_\_\_.

# SLEEP TIGHT CROSSWORD PUZZLE

## ANSWER KEY

- I sleep best when the temperature of my sleeping environment is **COOL**.
- My sleeping environment should be the opposite of light. **DARK**<sup>1</sup>
- I don't like loud noise when I sleep. I like for it to be **QUIET**.<sup>1</sup>
- At least one hour before bedtime I turn off all **SCREENS**.
- I practice activities like deep breathing or yoga to **CALM** me before I go to sleep.
- Some people like soft, some people like firm. **PILLOWS**
- My sleeping environment should be the opposite of uncomfortable. **COMFORTABLE**.<sup>1</sup>
- Sleep is essential to keep me **HEALTHY** and makes me perform better in the classroom, on the field and in life.
- At least 9-12 hours of **SLEEP** is important for my health.<sup>3,9</sup>
- Getting 30 minutes of moderate **EXERCISE** during the day can help me relax at night.<sup>8</sup>
- Reading a **BOOK** could be part of my wind-down routine.<sup>4</sup>
- Listening to this helps me relax before bed. **MUSIC** <sup>4</sup>
- This fuzzy item might be my go-to item for snuggling up when it's time to snooze. **BLANKET**
- **BREATHE** in and out. This is a technique to calm my body before bed.<sup>3</sup>
- Fill up with a nutritious **SNACK** before bedtime.

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