



Name \_\_\_\_\_

### Sleep Aids Word Search

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

Melatonin  
Lavender  
Chamomile  
White-noise  
Fan

Earplugs  
Diffuser  
Weighted-blanket  
Herbal-tea  
Sleep-mask

Essential-oils  
Eye-pillows  
Incense  
Nightlight  
Sounds

