



Name \_\_\_\_\_

### Sleep Challenges Word Search

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

Overthinking  
 Noise  
 Distractions  
 Stress  
 Heat

Cold  
 Anxiety  
 Caffeine  
 Interruptions  
 Electronics

Brightness  
 Restlessness  
 Hunger  
 Fatigue  
 Cramping

