



Sweet Dreams Word Scramble

March 6 - 13 is National Sleep Awareness Week. The eight scrambled words below all have to do with factors that can affect sleep quality. Once you've unscrambled the words, rearrange the circled letters to find one more sleep-related term. (Answers at bottom of this page.)

E D B

T I G H L

S T E T M A R S

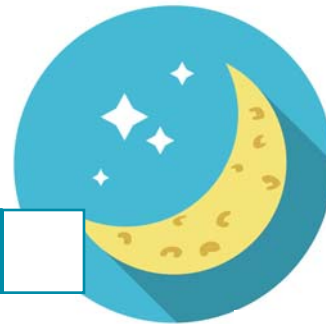
L O P W I L

I E O N S

N A F I C F E E

D O O F

C I X S E E R E



When you're done unscrambling the words above, rearrange the circled letters to reveal something you might not need if you make sleep-friendly choices during both day and night.

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Answers to "Sweet Dreams" Scramble: BED, LIGHT, MATTRESS, PILLOW, NOISE, CAFFEINE, FOOD, EXERCISE.
Final Phrase: SLEEP MEDICATION