

# SLEEP SMARTER. PERFORM BETTER.



## SLEEP TIGHT ACTIVITIES

Better sleep leads to better performance. In the classroom, on the field, and in life. This fun word search (for young kids) and crossword puzzle (for teens) will help strengthen students' vocabulary words and their knowledge about a healthy sleeping environment. It's a win-win!

*Use these activities in the classroom or at home to teach students some snooze clues to help them get a healthy night's sleep.*

*See page 2 for elementary students, and page 3 for middle and high school students.*

**LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP  
THEY NEED TO PERFORM AT THEIR BEST?**

Get started at [HealthierGeneration.org/SmarterSleep](https://HealthierGeneration.org/SmarterSleep)

#SmarterSleep



sleep  number.

# SLEEP TIGHT

# WORD SEARCH

Use this word search to learn some snooze clues to help get a healthy night's sleep.

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

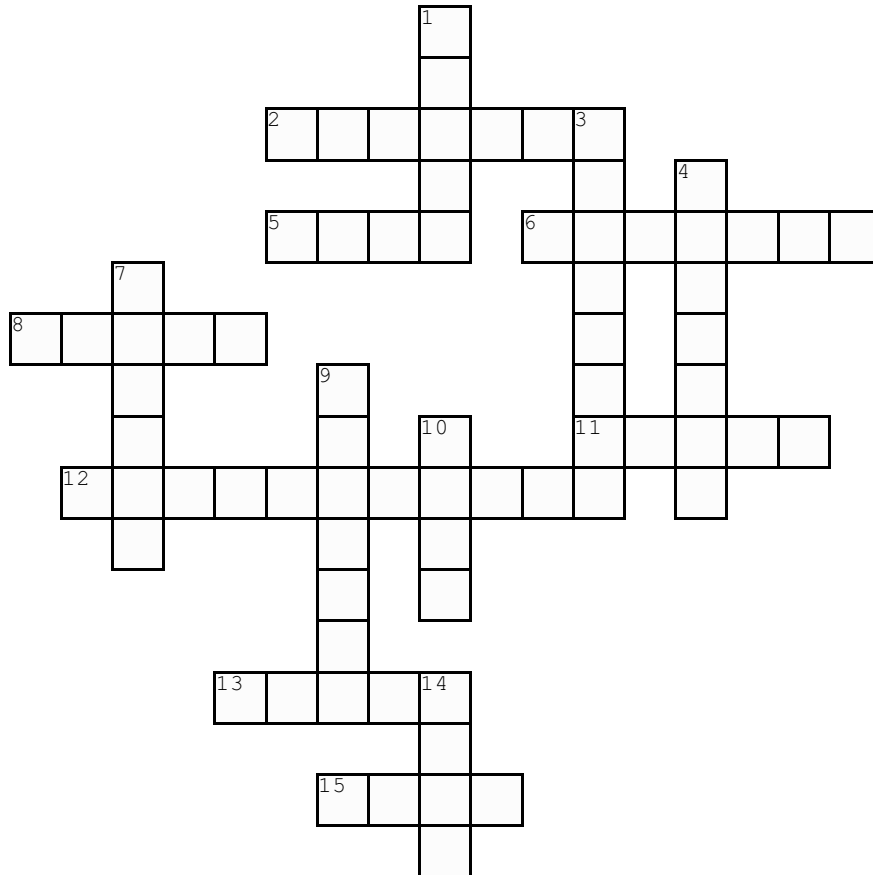
COOL  
 SCREENS  
 COMFORTABLE  
 BOOK  
 BREATHE

DARK  
 CALM  
 HEALTHY  
 MUSIC  
 SNACK

QUIET  
 PILLOW  
 SLEEP  
 BLANKET  
 EXERCISE

# 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.

## References:

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