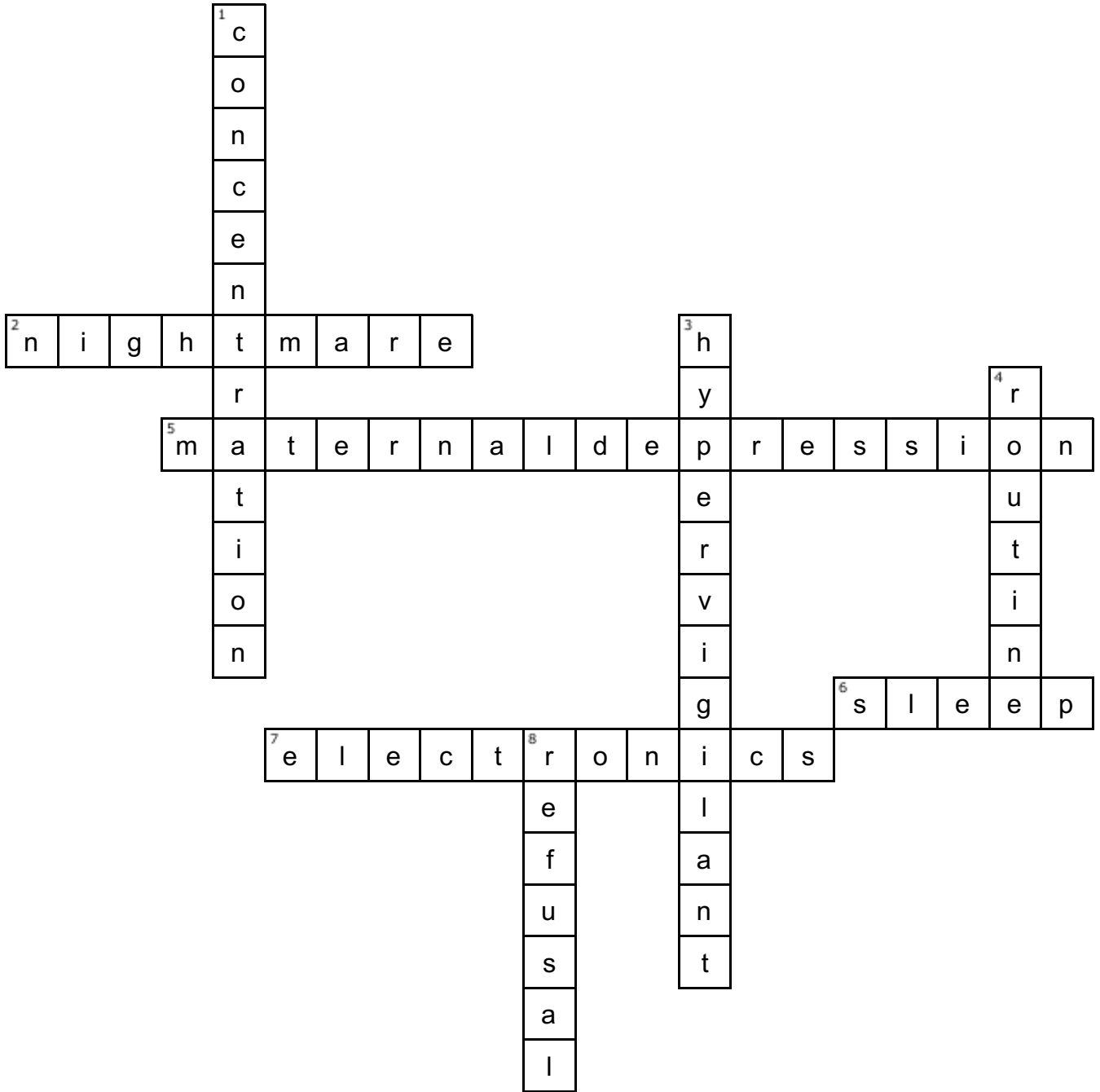


# Bedtime Routine



**Across**

- 2. Another word for bad dreams
- 5. A secondary effect of sleeping problems
- 6. Time for the brain to rest
- 7. TV, computers and video games

**Down**

- 1. The ability to focus on a task
- 3. Fearful or insecure feeling
- 4. Consistent plan
- 8. Avoidance tactic