

Hack 8 - A good Night's Sleep

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

Find the following words in the puzzle.

Words are hidden     and .

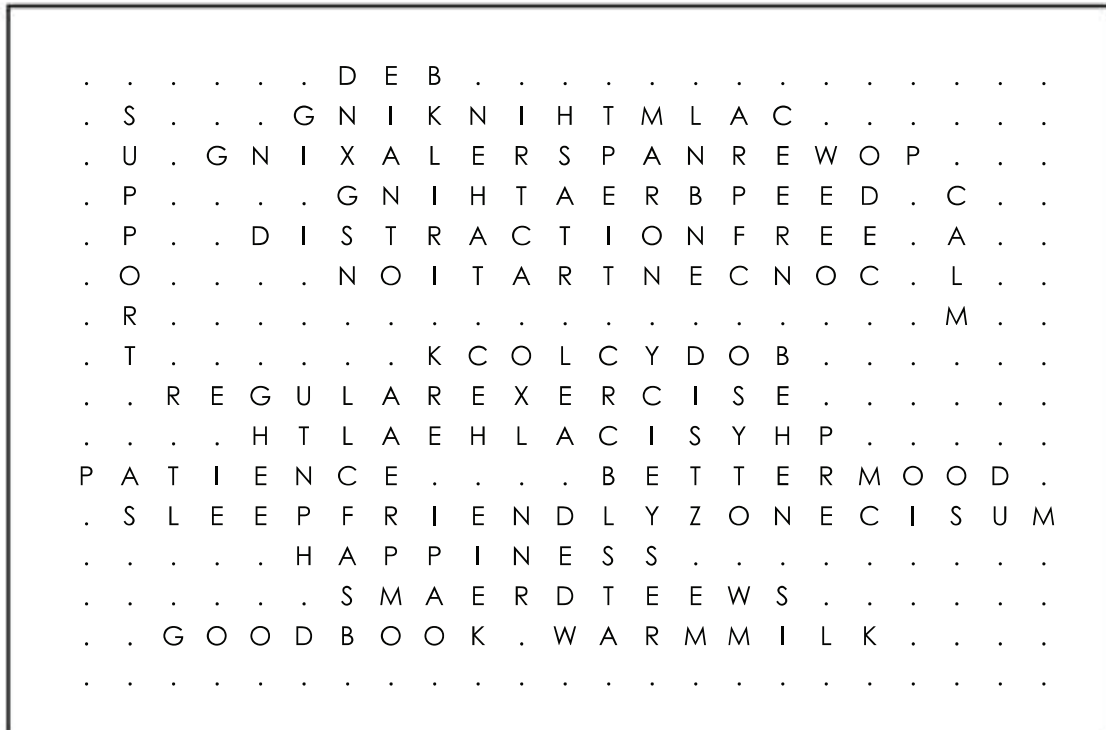
BED
BETTER MOOD
BODY CLOCK
CALM
CALM THINKING
CONCENTRATION
DEEP BREATHING

DISTRACTION FREE
GOOD BOOK
HAPPINESS
MUSIC
PATIENCE
PHYSICAL HEALTH
POWER NAPS

REGULAR EXERCISE
RELAXING
SLEEP-FRIENDLY ZONE
SUPPORT
SWEET DREAMS
WARM MILK

SOLUTION

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Word directions and start points are formatted: (Direction, X, Y)

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|-------------------------|---------------------------|------------------------------|
| BED (W,9,1) | DISTRACTION FREE (E,5,5) | REGULAR EXERCISE (E,3,9) |
| BETTER MOOD (E,13,11) | GOOD BOOK (E,3,15) | RELAXING (W,11,3) |
| BODY CLOCK (W,17,8) | HAPPINESS (E,6,13) | SLEEP-FRIENDLY ZONE (E,2,12) |
| CALM (S,21,4) | MUSIC (W,23,12) | SUPPORT (S,2,2) |
| CALM THINKING (W,17,2) | PATIENCE (E,1,11) | SWEET DREAMS (W,17,14) |
| CONCENTRATION (W,19,6) | PHYSICAL HEALTH (W,18,10) | WARM MILK (E,12,15) |
| DEEP BREATHING (W,19,4) | POWER NAPS (W,20,3) | |