



MARCH IS NATIONAL SLEEP AWARENESS MONTH

If you are experiencing sleep problems or would just like to have better quality sleep, here are 20 things you might discuss with your healthcare provider.

- ACID REFLUX
- ALCOHOL
- ANXIETY
- APNEA
- CAFFEINE
- DEPRESSION
- EXERCISE
- LIGHT
- MEDIA
- MEDICATIONS
- NAPPING
- NOISE
- NUTRITION
- PAIN CONTROL
- ROOM TEMPERATURE
- ROUTINE
- SMARTPHONE
- SNORING
- SPECIALIST
- STRESS

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