

## Sleeping advice

1. Adjective
2. Verb Base Form
3. Adjective
4. Adjective
5. Adjective
6. Adjective
7. Noun
8. Adjective
9. Animal (Plural)
10. Verb Present Ends In Ing
11. Animal (Plural)
12. Animal (Plural)
13. Number
14. Part Of Body

# Sleeping advice

If you have trouble falling asleep, you probably have an overly \_\_\_\_\_ Adjective mind. You have to learn to \_\_\_\_\_ Verb Base Form and let your mind rest. Try drinking a/an \_\_\_\_\_ Adjective glass of milk. Then stretch out \_\_\_\_\_ a \_\_\_\_\_ Adjective bed. Take deep breaths and think about something \_\_\_\_\_ Adjective, such as a \_\_\_\_\_ Adjective \_\_\_\_\_ Noun. Do not think about any thing that makes you have \_\_\_\_\_ Adjective thoughts. You can also try counting \_\_\_\_\_ Animal (plural) \_\_\_\_\_ Verb Present ends in ING over a fence. Thinking about \_\_\_\_\_ Animal (plural) and \_\_\_\_\_ Animal (plural) can also be relaxing. If you follow this routine nightly you are sure to fall asleep within \_\_\_\_\_ Number minutes of your \_\_\_\_\_ Part of Body hitting your pillow.