

## 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.