

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.