

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.