

## Play to read!



Reading is a great way to wind down before bedtime. It's less disruptive than watching television or scrolling on your phone, and you can get cozy while doing it. But if you're in need of ideas about what to read, try your hand at the activity on the next page.

**How to play:** Circle one answer from each column. When you get to the end, whichever column has the most answers circled dictates your book genre recommendation.

I'd rather visit...

Egypt

Japan

Italy

I'd rather listen to...

A life sciences podcast

The score from my favorite movie

My curated song playlist

I'd rather learn...

History

Science

Art

I'd rather watch...

A documentary or docuseries

A superhero movie or show

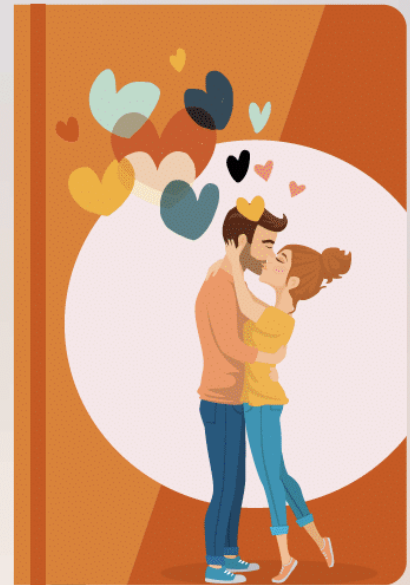
Anything with a happy ending



Nonfiction/Memoir



Science Fiction



Romance

Need more tips for better sleep? [Read "Dream on."](#)