

What should you do when you can't sleep?

Do any exercise below and find your answer in the corresponding answer column. The letter of the exercise goes in the box that contains the number of the answer. Keep working and you will discover the answer to the title question.

T 3 - 7 =	E -5 - -15 =	E -3 - -1 =	38 18
R -2 - 5 =	R 8 - -9 =	C -7 - 8 =	25 -10
E 7 - -1 =	D 3 - 13 =	S 2 - -5 =	26 -2
U 9 - 3 =	O -2 - -4 =	M 13 - 4 =	42 0
O -5 - -10 =	Y -6 - 6 =	O -2 - -20 =	33 -15
F 1 - 11 =	E 15 - 7 =	F -9 - -9 =	1 9
H -8 - -2 =	D -9 - -1 =	B 6 - 16 =	8 7
* * * * *			
C 4 - -4 =	O 5 - 5 =	O -7 - 4 =	3 14
O -3 - -7 =	E -4 - 10 =	E 4 - 7 =	16 -3
A -1 - 12 =	T -9 - -5 =	L -4 - -7 =	36 -14
E 2 - 9 =	N 6 - 7 =	P 7 - -4 =	6 3
F 17 - 4 =	S 15 - -2	G -7 - -7 =	40 -11
O -11 - -2 =	O -8 - -12 =	V 7 - -7 =	18 0
T 6 - -3 =	H -11 - 6 =	D -7 - 7 =	39 11

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42