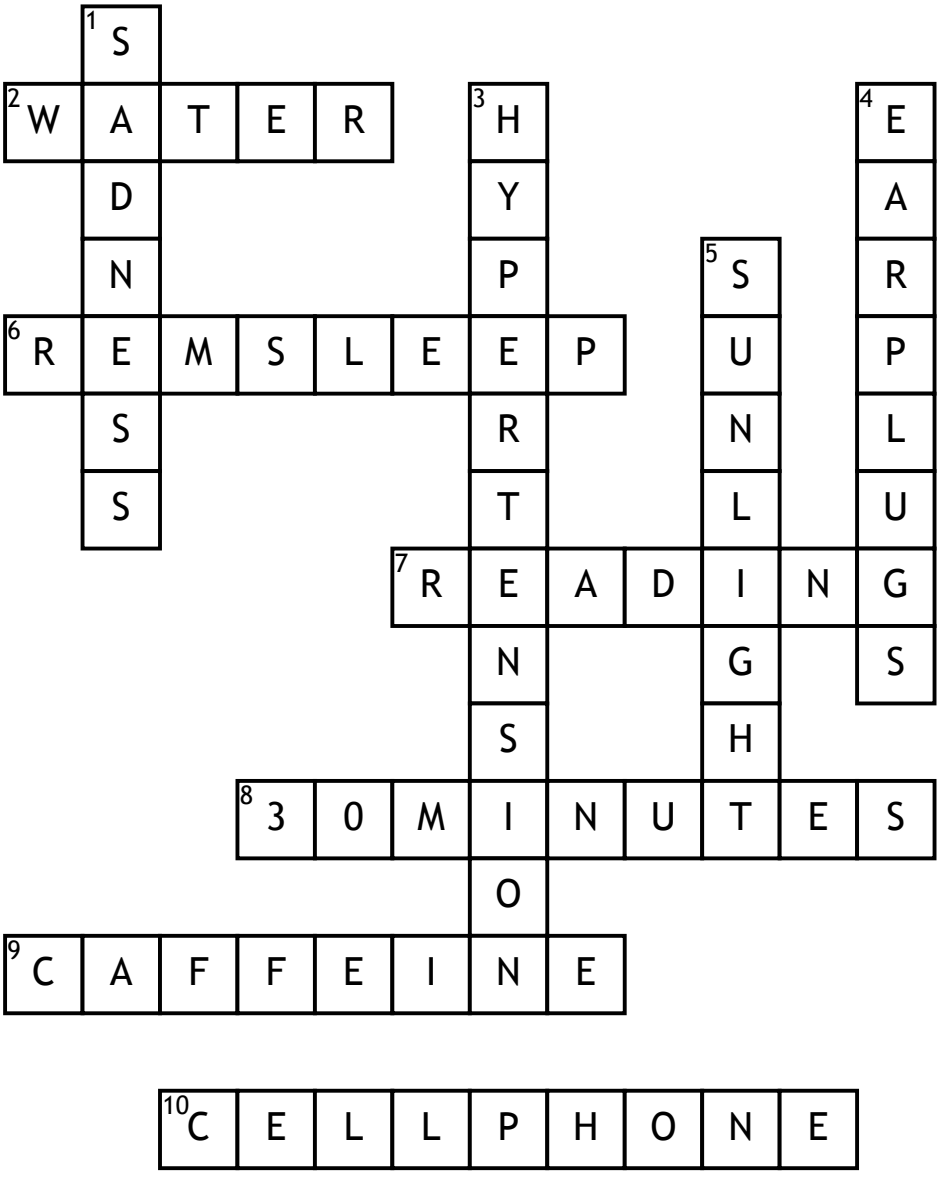
Name: _____

Sleep Hygiene



Across

2. You should hydrate with this throughout the day to promote better sleep

6. Stage of sleep cycle when dreams occur

7. This is a healthy activity to do before bed

8. How long should your naps be during the day?

9. What should you avoid drinking right before bed?

10. What technical device should you stay off of before going to bed?

Down

1. Type of feeling that someone can experience when they don't get enough sleep

3. What is a chronic heart problem that can develop from lack of sleep?

4. What can help you to sleep better at night if noise is bothering you?

5. It is good to get the proper amount of this type of light each day.