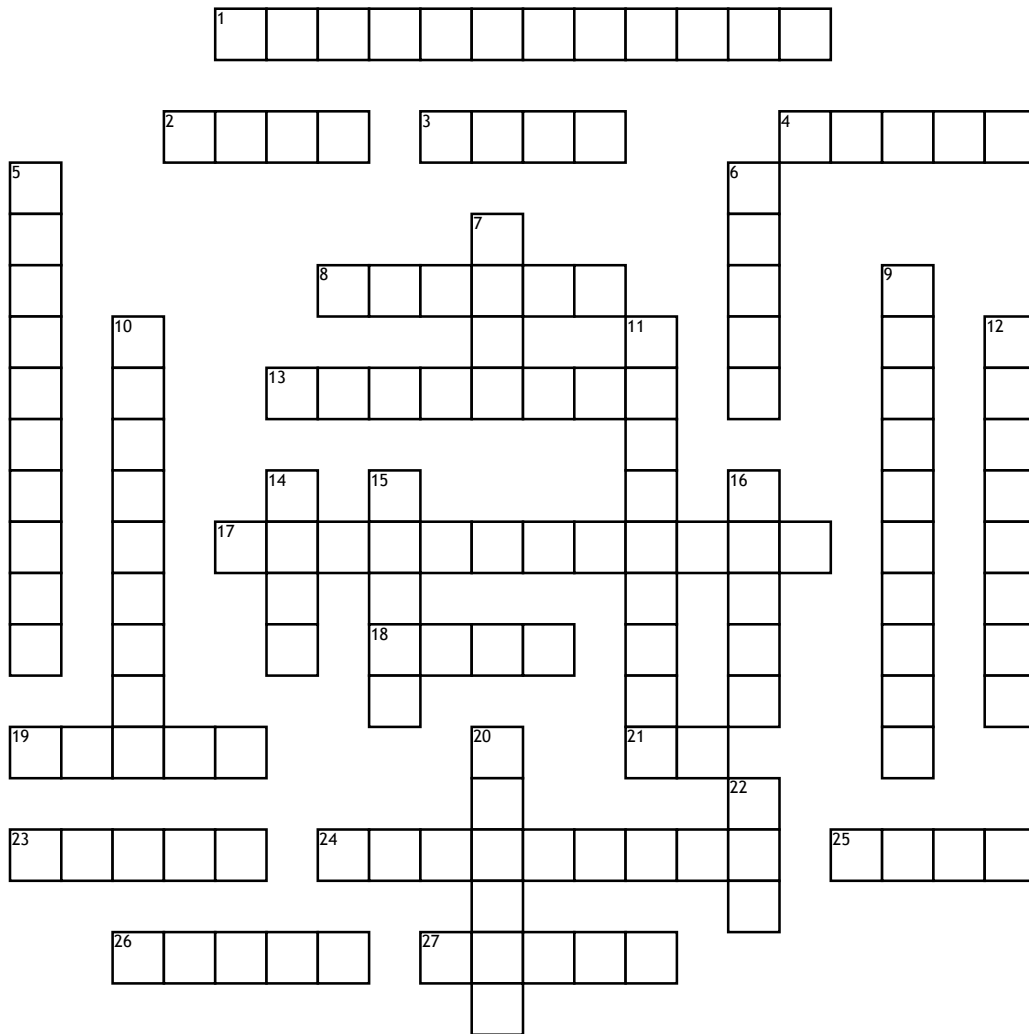


Sleep tips by Listening



Across

1. SSRI's change sleep x
2. We must sleep in the dark or light or some light
3. Snoring is treatable T/F
4. Virtually every adult needs x hours sleep, incl elderly.
8. Decaffeinated coffee has % of caffeine
13. A common drinkable stimulant is x with 14 hours half life
17. Oversleeping is also known as
18. Prolonged stress grows the stress system & the adrenal gland.
19. Alcohol helps you sleep T/F

21. Is the bedroom the place for recreation Y/N

23. When we go to bed we must be x not just fatigued.

24. The Sleep pressure neurotransmitter is

25. Quality & quantity sleep decreases weight issues & strengthens bones. T/F

26. The right time to sleep is N/D

27. Snoring is common & harmless F/T

Down

5. During a X episode there is an increase of REM

6. Daylight saving is a bonus T/F

7. Working at night increases risk of early death T/F

9. Heating milk enriches us with

10. Waking up & getting up & going to bed to sleep at the same time every day is

11. The hormone that relaxes the brain & signals repairs is

12. A 60 min pre-bedtime routine is?

14. Exercise to increase sleep pressure is about what time?

15. All screens must be turned off x minutes before going to sleep

16. Less sleep to go to the gym is useful T/F

20. As we age & especially from 55 the x gland atrophies

22. Is the bedroom for sleep & intimacy only N/Y

Word Bank

four	true	adenosine	true	pineal	essential	true
false	sixty	yes	true	tryptophan	valuable	thirty
night	dark	socialjetlag	melatonin	tired	architecture	depressive
false	caffeine	false	no	false	eight	