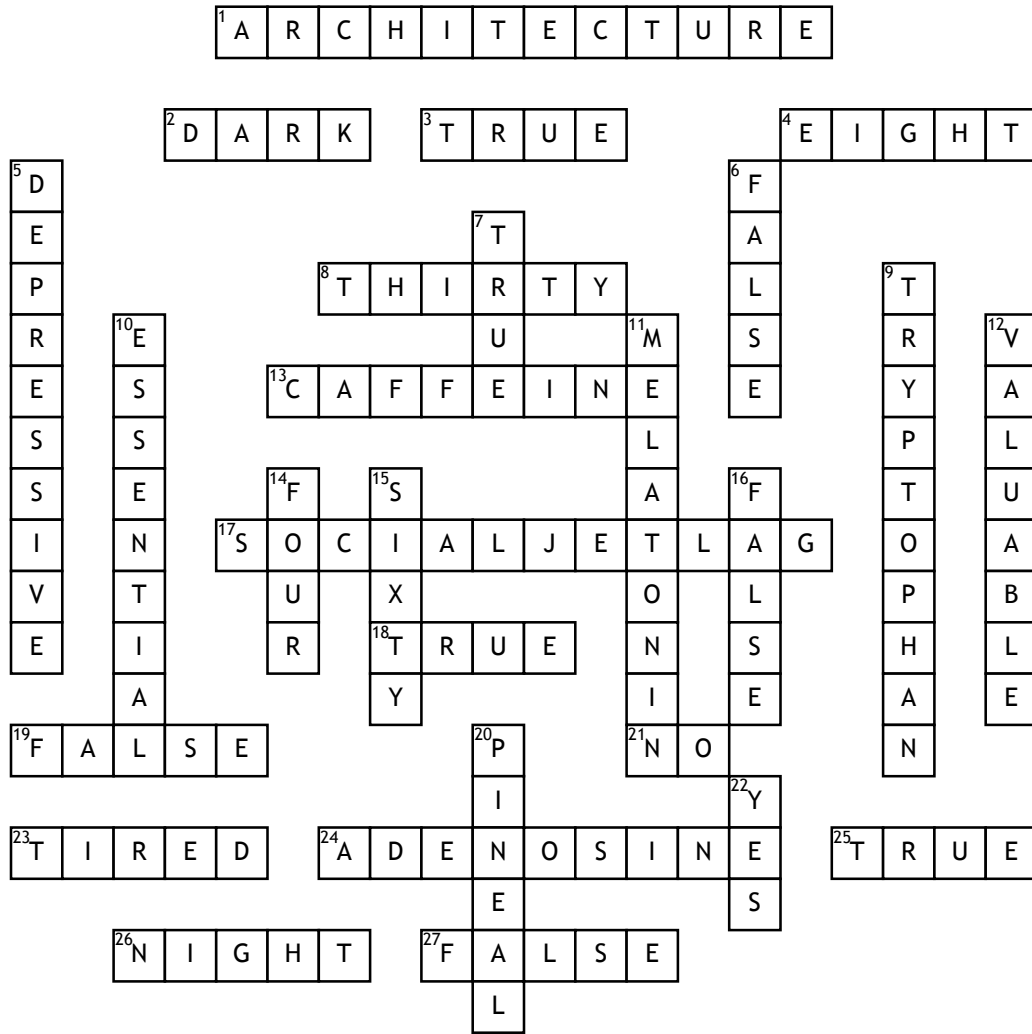


Sleep tips by Listening



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. Al 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

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