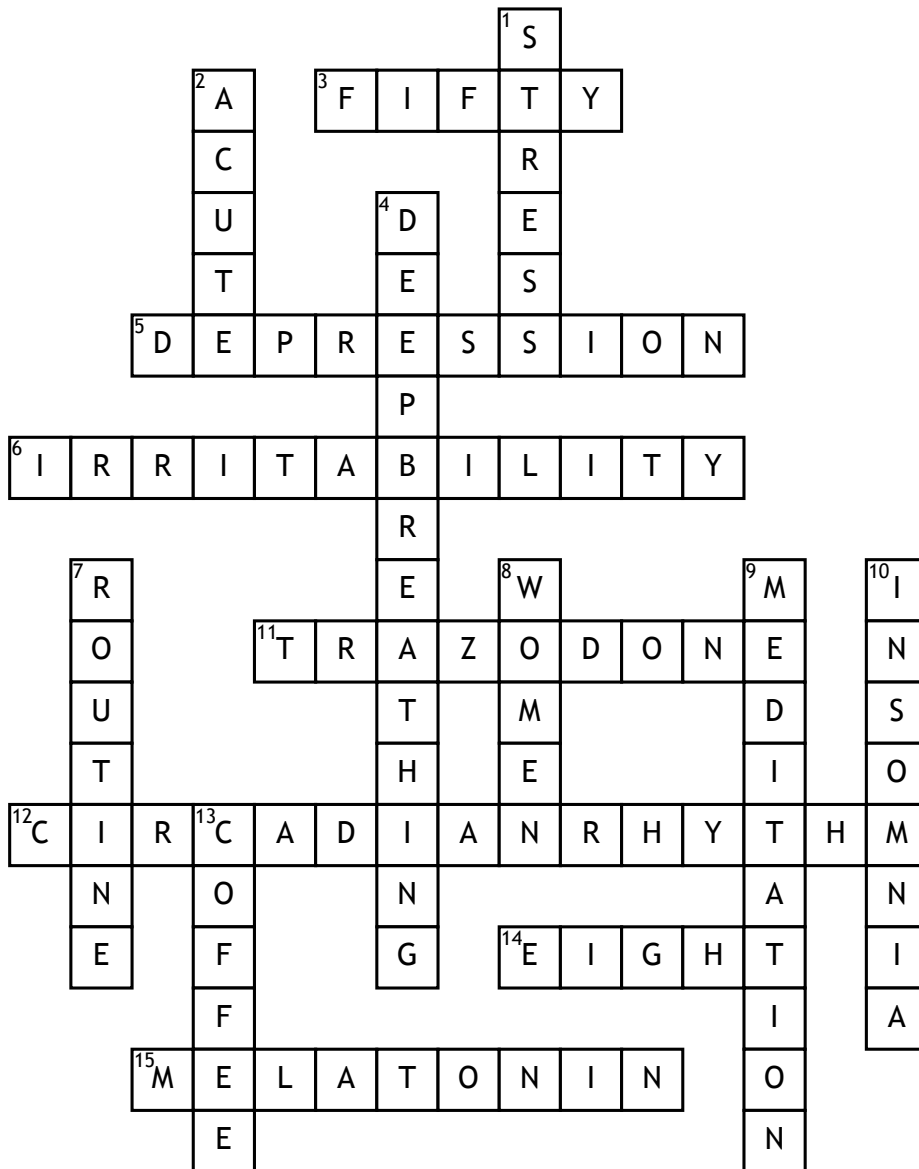


# Insomnia



## Across

3. what percentage of people have insomnia
5. what psychiatric disorder is a major contributing factor to insomnia
6. what is one symptom of insomnia
11. what medication has a 30 minute window
12. what is the term for your sleep/wake cycle

14. how many hours should you average a night
15. what medication helps you fall asleep

## Down

1. name one cause of insomnia
2. what type of insomnia affects people in early recovery
4. Name one coping skill for falling back to sleep

7. what behavior prevents insomnia
8. which sex is more likely to suffer from insomnia
9. name one non-medicinal mode of relaxation
10. habitual sleeplessness and inability to sleep
13. what beverage affects sleep