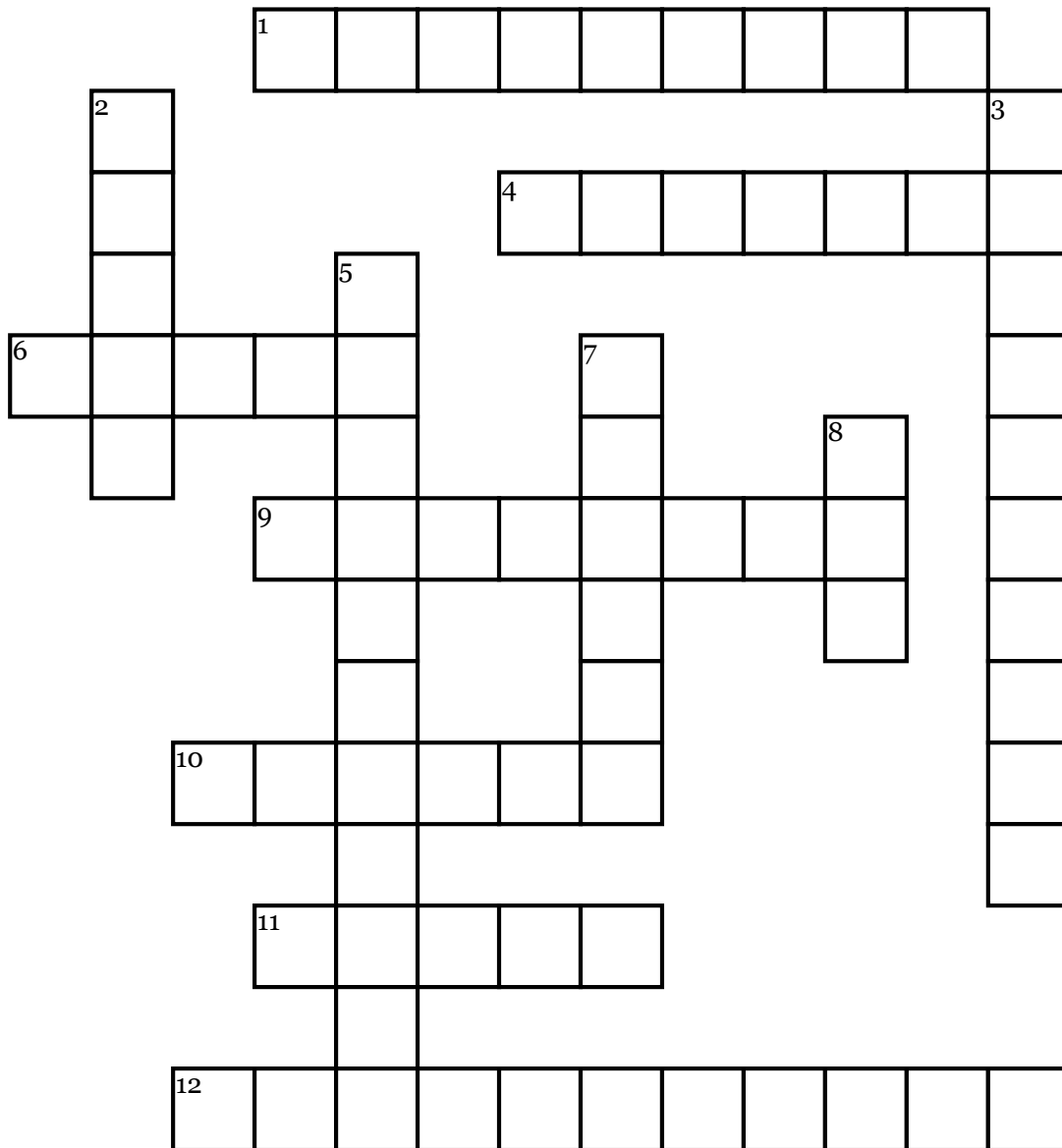


Name: _____

Date: _____

Sleep Hygiene



Across

1. _____ rhythm also known as the body's biological clock

4. It is important to maintain a regular _____ in order to promote sleep

6. Extremely slow brain waves may also be referred to as _____ waves.

9. This should be avoided before going to bed at night

10. Sleep has been shown to improve _____

11. _____ hours a night is a good amount of sleep for an adult to get

12. Sleep is believed to be a _____ process

Down

2. What stage in sleep begins deep sleep?

3. This should not be located in your room in order to promote good sleep

5. What may sleep walking, or sleep talking be referred to as?

7. You should exercise at least _____ minutes a day to help promote sleep

8. _____ sleep is important when it comes to marking or retaining memories?