|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Sleep Hygiene

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |
|  |  | 2 |  |  |  |  |  |  |  |  |  |  | 3 |  |
|  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |
|  |  |  |  |  | 5 |  |  |  |  |  |  |  |  |  |
|  | 6 |  |  |  |  |  |  | 7 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 8 |  |  |  |
|  |  |  |  | 9 |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 11 |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 12 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **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? |