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

Sleep Hygiene

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| **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? |