Sleep
Complete the crossword puzzle below to discover more about zzzzz

Across
4. a natural periodic loss of consciousness during which the body restores itself
7. a short, timed, good way to possibly make up for lost sleep if used wisely
8. first noun definition in Merriam-Webster - a very light state of sleep
9. alternative to napping
10. in mamalians, this often drops during some stages of sleep
11. typically thought of as the length of a good night's sleep for teens through to older adults
13. research shows that there is a strong connection between getting enough sleep and maintaining a healthy ...
14. A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's ...

Down
1. a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle
2. to fall into a light sleep — usually used with _off_
3. informal noun often substituted for sleep
5. improves symptoms of insomnia & sleep apnea; increases the amount of time you spend in deep restorative stages of sleep
6. your body's natural sleep-wake cycle
8. oxygen, food, water and this are required by humans to survive
10. a playful, yet soothing yoga position that's good for low back pain and gateway to sleeping
12. intransitive verb; to take a nap

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