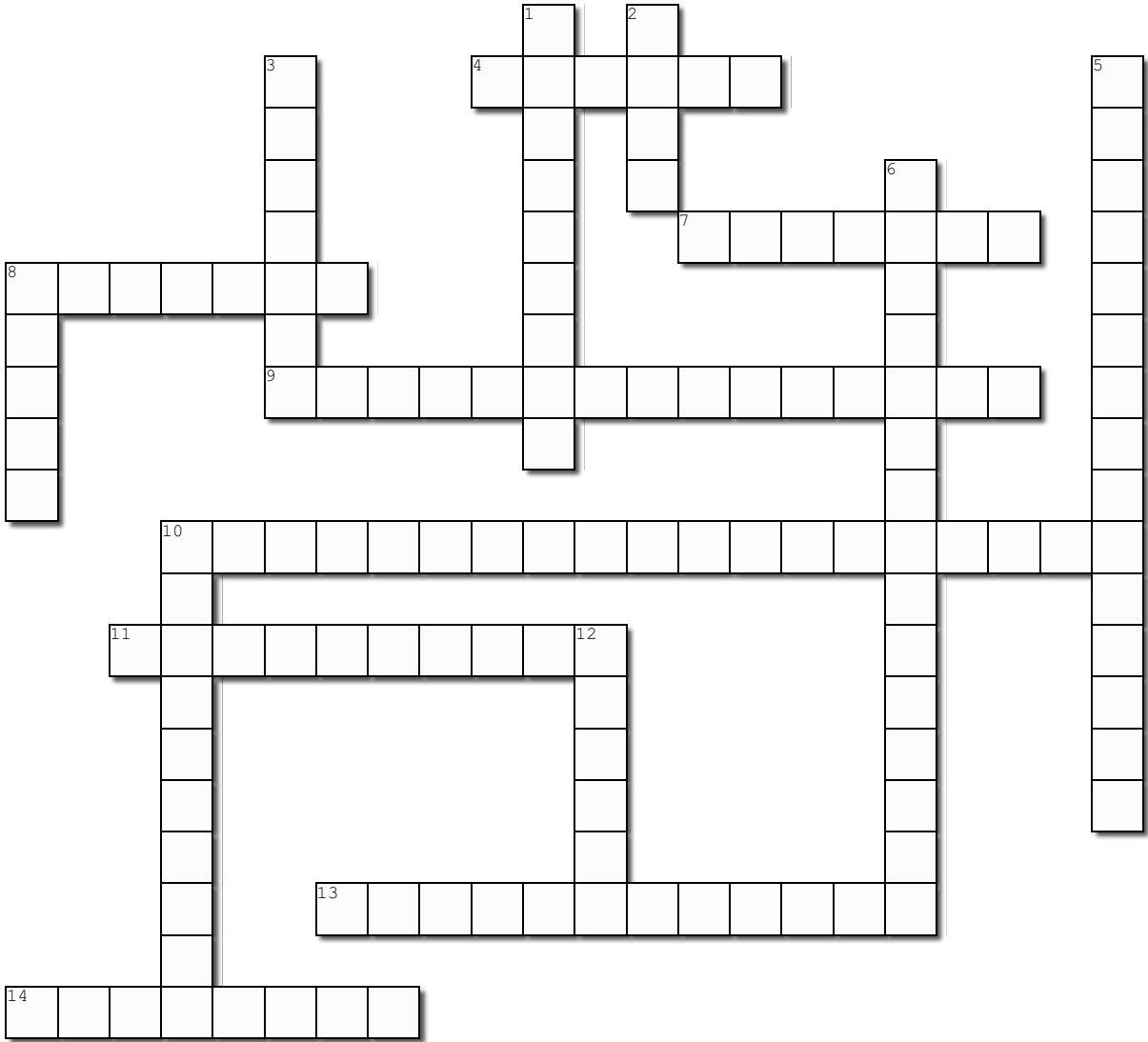


Sleep

Complete the crossword puzzle below to discover more about zzzzz



Created using the Crossword Maker on TheTeachersCorner.net

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 mammals, 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