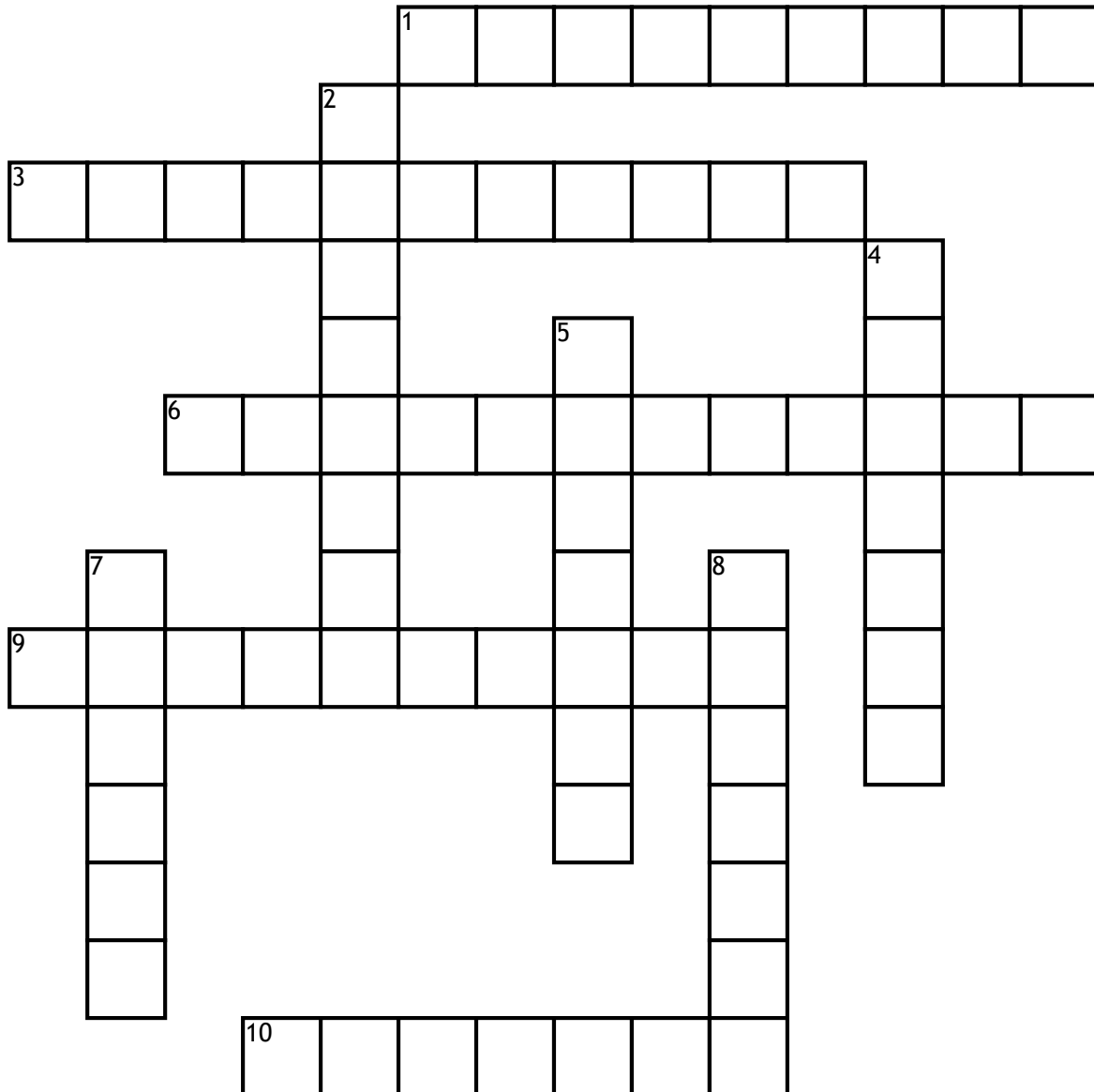


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# A8- Social Media



## Across

1. ...when it comes to sleep deprivation, it's usually young people who are most \_\_\_\_\_ affected.
3. Social media is linked to increased depression, anxiety and sleep \_\_\_\_\_.
6. If social media use is \_\_\_\_\_ anxiety and depression, it could then, in turn, impact sleep \_\_\_\_\_.
9. Today's teen and tweens have built up an \_\_\_\_\_ amount of daily screen time.
10. It could be working both ways, making it even more problematic as there's a potential for a \_\_\_\_\_ circle.

## Down

2. We should all ring-fence particular times throughout the day in which we can \_\_\_\_\_ ourselves from our screens..
4. A now well-told caution is that the blue light \_\_\_\_\_ from our screens inhibits our melatonin levels.
5. Social media use is \_\_\_\_\_ and changing so quickly, that it is difficult to keep up.
7. ... researchers are interested in the \_\_\_\_\_ it is having on many aspects of our health...
8. ...a more obvious reason might be that social media is deeply alluring and simply \_\_\_\_\_ the time we have for sleep.