

Name: _____

Date: _____

Inadequate Sleep

K M J T P B Z E N P T C O N C E N T R A T I O N
S J H J N E O B V R N D P S G U J V P R E B V O
X F J E D V E Z U U W I E C L U X E K W O N T L
Z U S N M E Y L I H H L C C Q E F Y C A V R P N
F L R I G U F Q S C X A O O E K E K E Q D B Q H
W F C E I M H N G M S G A H T E W P A E R T M C
M I K F B P M R P D E T L U O I L B D X F C G A
S Y F F W Q N U W K T R A I V C N S H E E V I Z
S F O A Z U W J Z E X Y V M R C L E M R B N D L
K P Z C Z A F J N Z N P A M E E G A V C B T P Q
C M I G R S T T C C L Q W U C Z F C M I R F D N
T R F X U T I B L R K R I N N Z F R D S X J B I
W Y V G Q V K V L O M Y L E A L O U E E E M O W
Y J R B E W M N B W I V V S M L C A H S G H U U
V F I N D O C T O R H R H Y R A U T S N H Q Q F
Q X E N S K P S U O Z Q K S O Y S B M H Y E R I
B S B X N F P N K S Q U N T F J J L N X A H D B
S E G N I X A L E R F Z U E R U M Z J F N L V I
C A D Q V W V J M F A B J M E L P V X F G W I U
D V Z T C I G H M U Q V W V P F J Z D C R B A Z
M W E E I E L B A T I R R I R O J R E O Y K Y H
B W T Y E M L O G D E S S E R P E D O G H H S B
H G J L L D E R I T K N P R V L M Z I P C L X J
L I O G I N V N Q U S G Q T N E M N O R I V N E

attentiveness
environment
depressed
nicotine
doctor

concentration
Sleep debt
irritable
caffeine
focus

immune system
rem sleep
exercise
bedtime
angry

performance
refreshed
relaxing
alcohol
tired