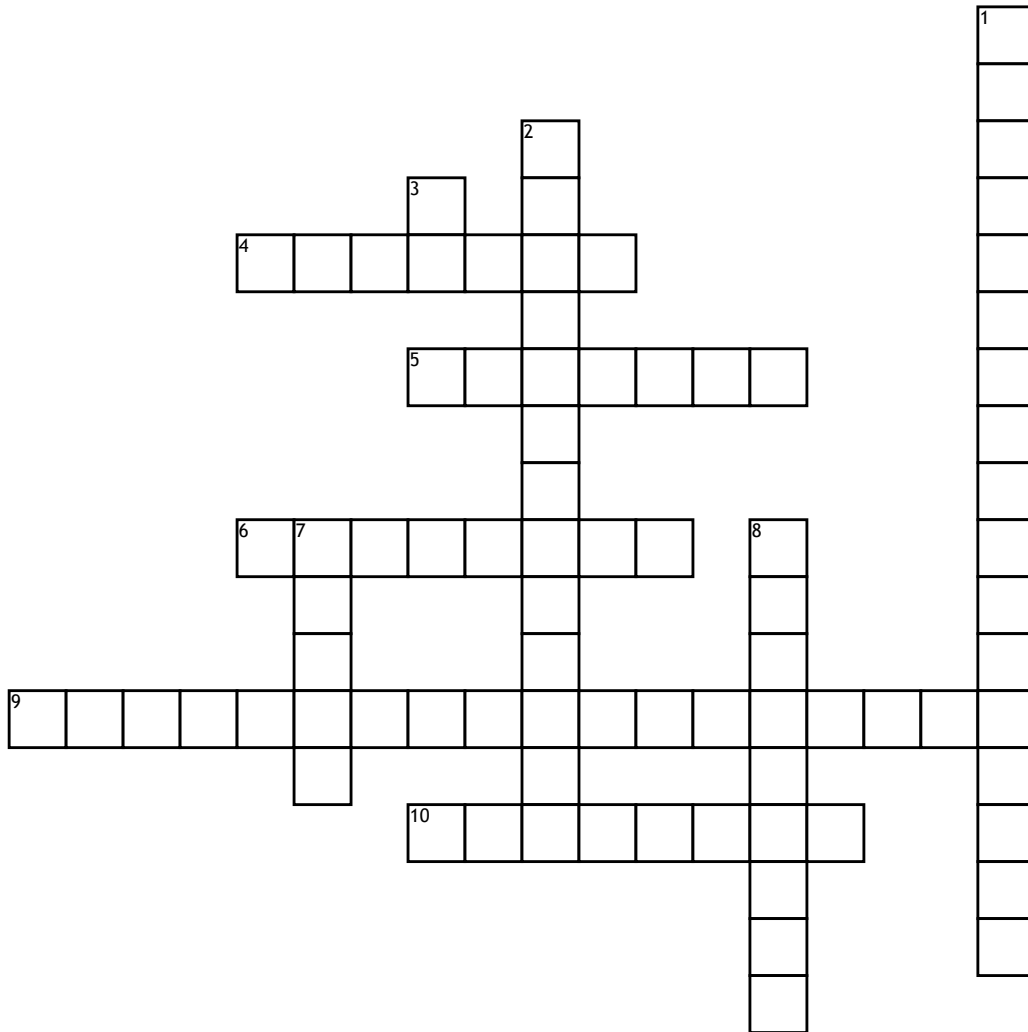


Name: \_\_\_\_\_

# Insomnia Crossword Puzzle



### Across

- 4. This type of insomnia is the most serious and is long-term
- 5. Prolonged \_\_\_\_\_ will lead to laziness
- 6. A type substance put in drinks that someone should avoid if they have insomnia
- 9. This technique is when you use journaling to write down your worries and concerns
- 10. A disorder that revolves around the inability to sleep

### Down

- 1. Insomnia can affect your \_\_\_\_\_ Health
- 2. How many minutes before bed should you put away electronics?
- 3. Is insomnia always genetic?
- 7. What is the most common type of insomnia?
- 8. Type of Insomnia caused by an unexpected event, change in environment, or another disorder

### Word Bank

Cognitive technique  
no  
Insomnia  
thirty minutes

Transient  
physical and mental  
Acute

Fatigue  
Chronic  
Caffeine