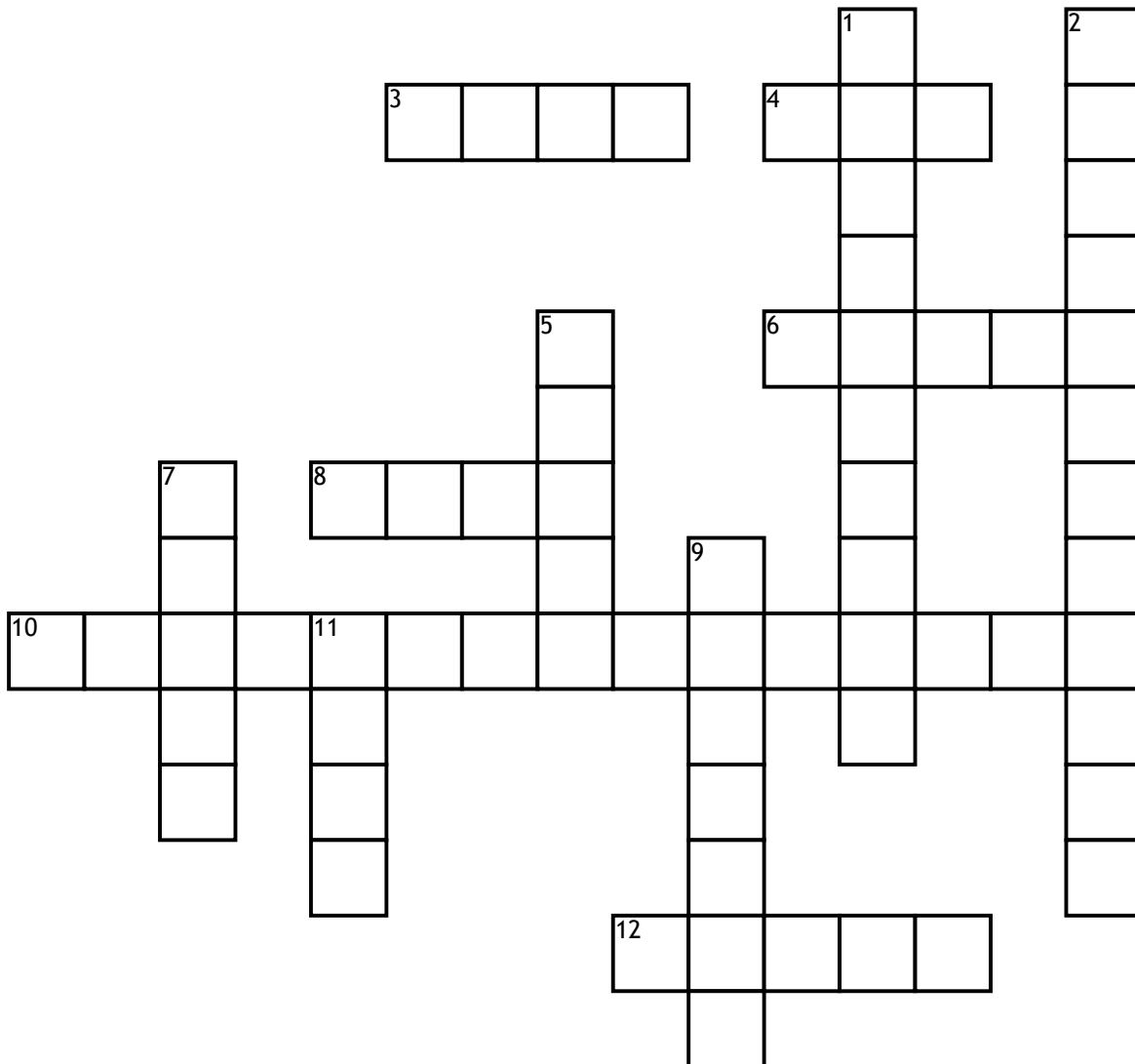


# Sleep



## Across

3. your overall \_\_\_\_\_ will be better with more sleep, you will be more friendly
4. A healthy substitute for caffeine that can make you more productive
6. needs rest to think clearly the next day
8. repairs itself so you can look healthy the next day

10. this age group require 7-9 hours of sleep

12. slows down during sleep after pumping blood through your body all day

## Down

1. prevents this type of accident on the road

2. Stays strong and prevents sickness

5. calcium is added to these during rest to make you grow taller

7. True/False: everyone requires the same amount of sleep to function properly

9. they grow during rest so that you can become stronger

11. they need rest after watching the world all day