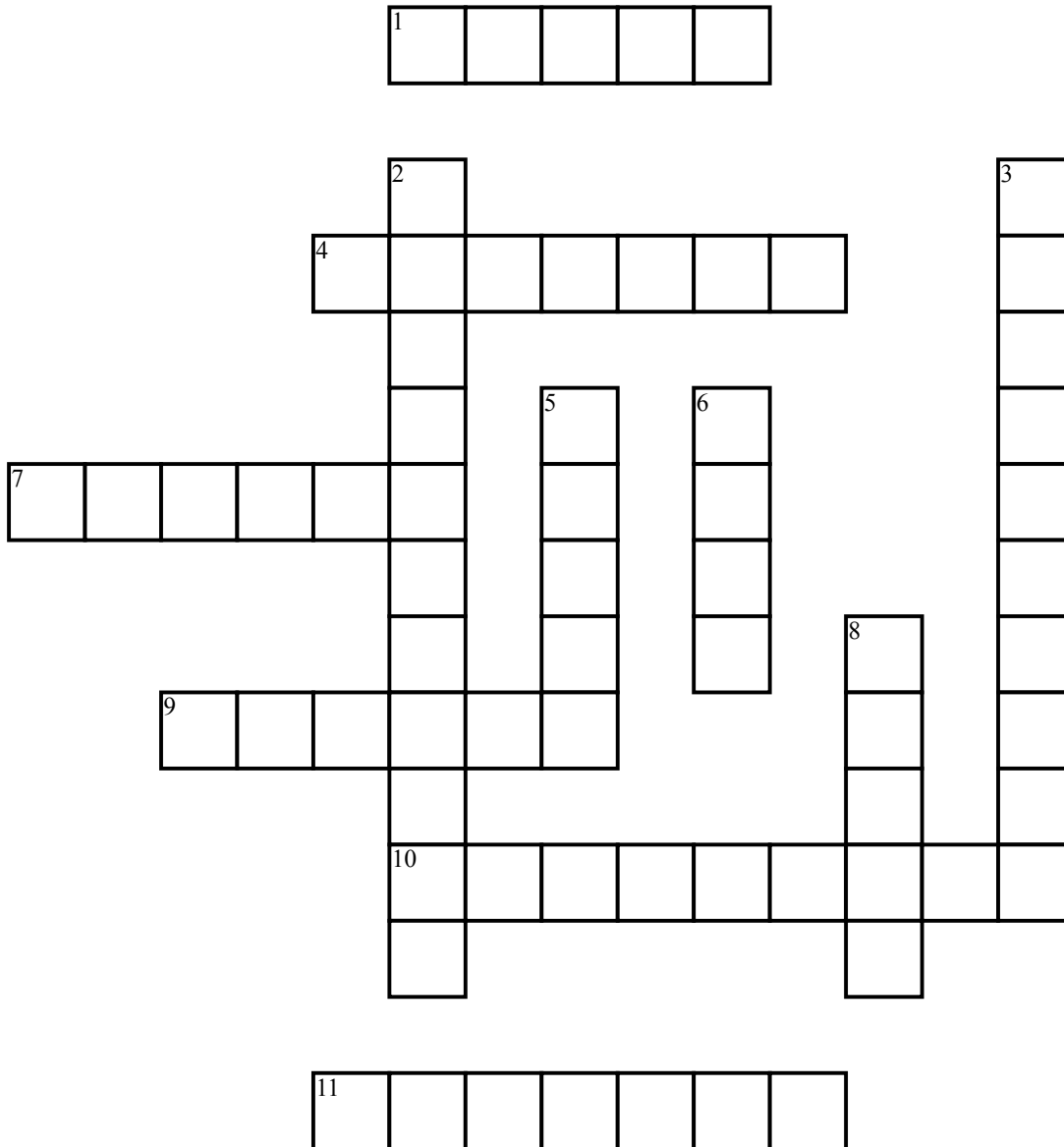


# Sleep



## Across

1. Not asleep
4. The usual things you do before you sleep
7. This should be avoided after 2pm
9. Minutes of physical exercise you need each day
10. This makes you fall asleep
11. Another word for tiredness

## Down

2. You are not able to do this if you don't get enough sleep
3. You can fight these off if you sleep
5. Type of drink before bed which might help sleep
6. To aid sleep bedrooms should be kept like this.
8. An important part of a healthy lifestyle