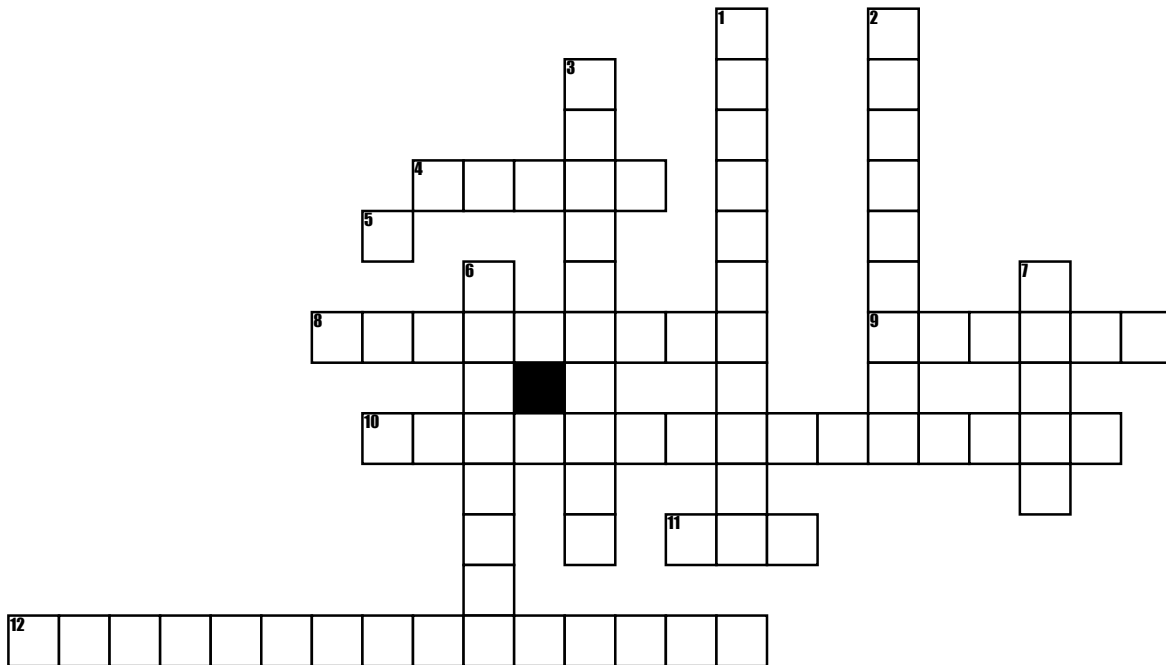


Sleep Crossword



Across

- 4.** When you do not get enough sleep. How do you feel ?
- 8.** You accumulate a [...] if you don't get enough sleep.
- 9.** During sleep you clear out harmful [...].
- 10.** Name the natural rhythm that controls our sleep.

- 11.** In what sleep stage do you dream most of the time ?
- 12.** What can measure your brain waves at night?

Down

- 1.** I am less able to [...] concentrate the next day, if I did not sleep well.
- 2.** What is the name of the device, which is worn on your wrist, to measure your sleep?

- 3.** Name another way of recording your sleep at night?
- 5.** How many sleep stages are there?
- 6.** Sleep is important for memory and [...] ?
- 7.** Additional [...] from my phone can disrupt my natural bed time.