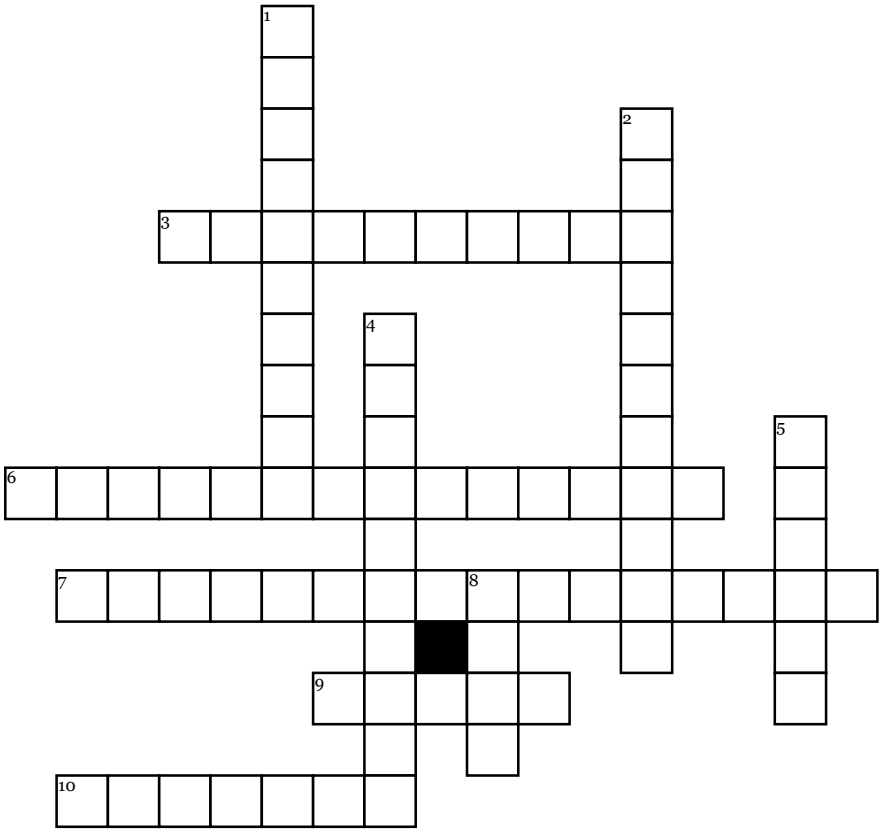
Sleep Deprivation in Teens Cause and Effect



Across

3. Mental Disorder commonly caused by sleep deprivation.

6. There is a theory that sleep problems during formative years causes permanent changes to _____

7. Teens' natural sleep cycle conflicts with _____.

9. How many hours of sleep do teens need at least in order to function properly?

10. What percentage of teens reported sleeping at least the recommended amount of hours per night?

Down

1. Technology linked to being one of the primary causes of sleep deprivation in teens.

2. Lack of sleep negatively impacts a child's ability to _____.

4. Sleep deprivation can cause inappropriate behavior towards peers and authority figures such as _____.

5. Sleeping the recommended amount of hours per night helps teens to better manage _____.

8. Learning disability being linked to sleep deprivation in teens.

Word Bank

Eight	Stress	Concentrate	ADHD
Cell Phones	Brain Structure	Aggression	School start times
Depression	Fifteen		

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