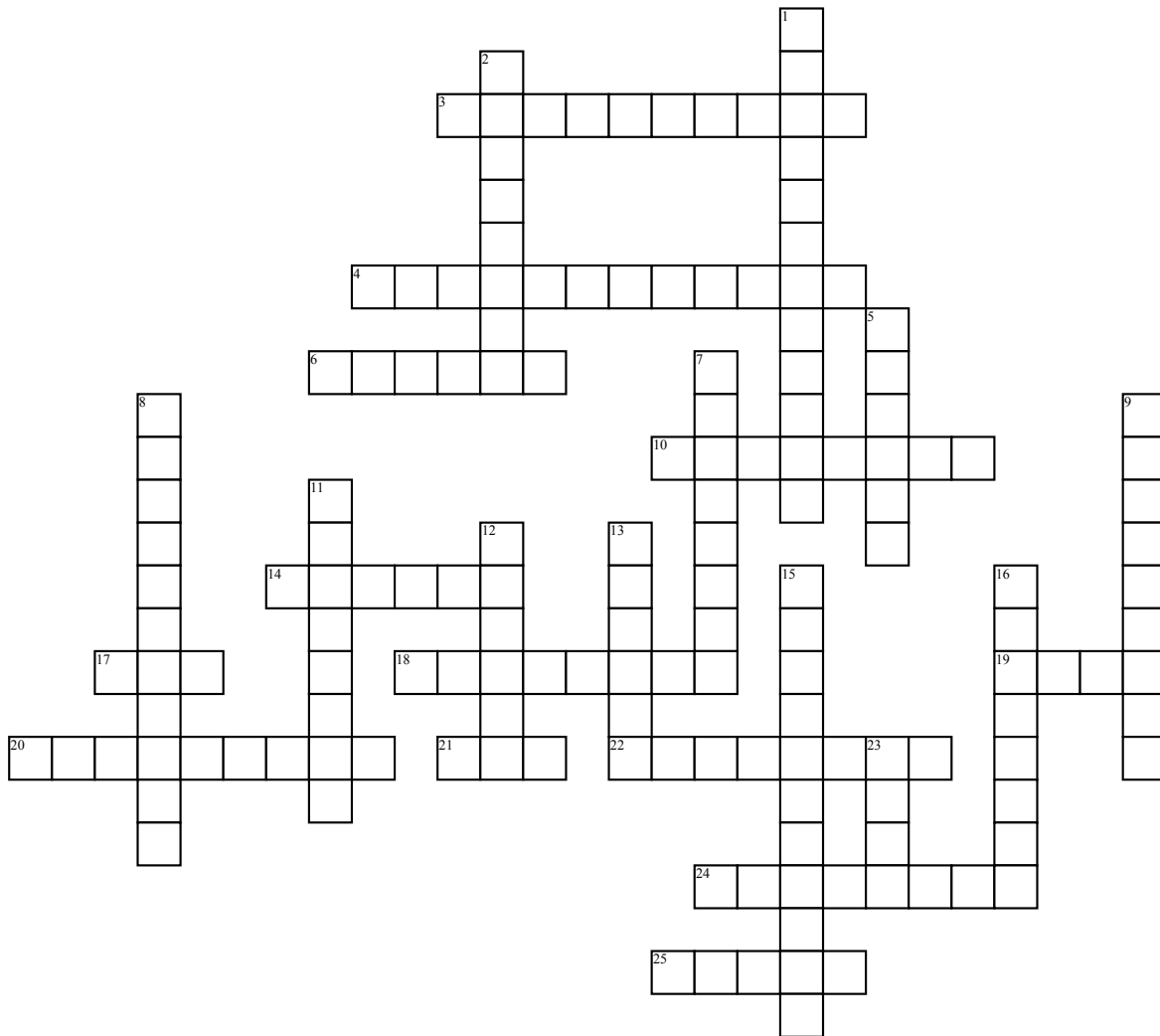


Sleep Planning, Rest, and Recovery



Across

3. Lack of sleep is linked to -----(10), suicide and risk taking behavior
4. Effect of sleep deprivation:------(12)
6. Benefits of sleeping:lower stress levels, healthier skin, enhanced -----(6) , fewer headaches, stronger immune system.
10. Lack of sleep affects controlling -----(8)
14. Sleep is essential for----- (6) and well being
17. Most important things you can do to promote good sleep: ---(3) healthy, moderate alcohol use, get exercise, get regular sunlight, keep a regular sleep schedule, time caffeine right and set your bedroom for success.
18. Lack of sleep increases the risk for obesity by altering your hormones making you feel------(8) than when you are rested.
19. We go through----(4) phases when we sleep.
20. Lack of sleep can cause trouble solving problems and making------(9)
21. Sleep phases 1,2,3,4 and ---(3)

22. Sleep plays an important role in our ability to function daily; how you feel, when you are awake depends in part, on what happens when you are ----- (8).
24. Consequences of abnormal sleep, it increases your risk of heart disease, kidney disease, high blood pressure, -----(8) and stroke.
25. -----(5) is just as important as nutrition and exercise.

Down

1. Benefits of sleeping: better mental health, rapid muscle toning, safer driving, improved ------(12)
2. Lack of sleep affects controlling ------(8)
5. Effects of sleep deprivation: cognitive impairment, -----(6) loss, impaired moral judgement.
7. Sleep supports healthy brain functions. It prepares your brain for the next day forming new pathways to help you learn and ------(8) information.

8. Effects of sleep ------(11) : severe yawning, hallucinations, symptoms similar to ADHD , impaired immune system.
9. Sleep hygiene is a variety of different practices and habits that promote full daytime ------(9) .
11. During REM sleep brain waves speed up, muscles relax, heart rate increases, breathing is rapid and shallow and ------(8) occurs.
12. Lack of sleep affects coping with -----(6)
13. Sleep hygiene is a variety of different practices and ------(6) that promote a good nighttime sleep quality .
15. Sleep is a dynamic activity in which our brain restores,------(11) & reconsolidates.
16. Lack of sleep can cause decrease immune function,and impairs alertness and ------(8) .
23. The recommended amount of sleep hours every night is seven to -----(4).