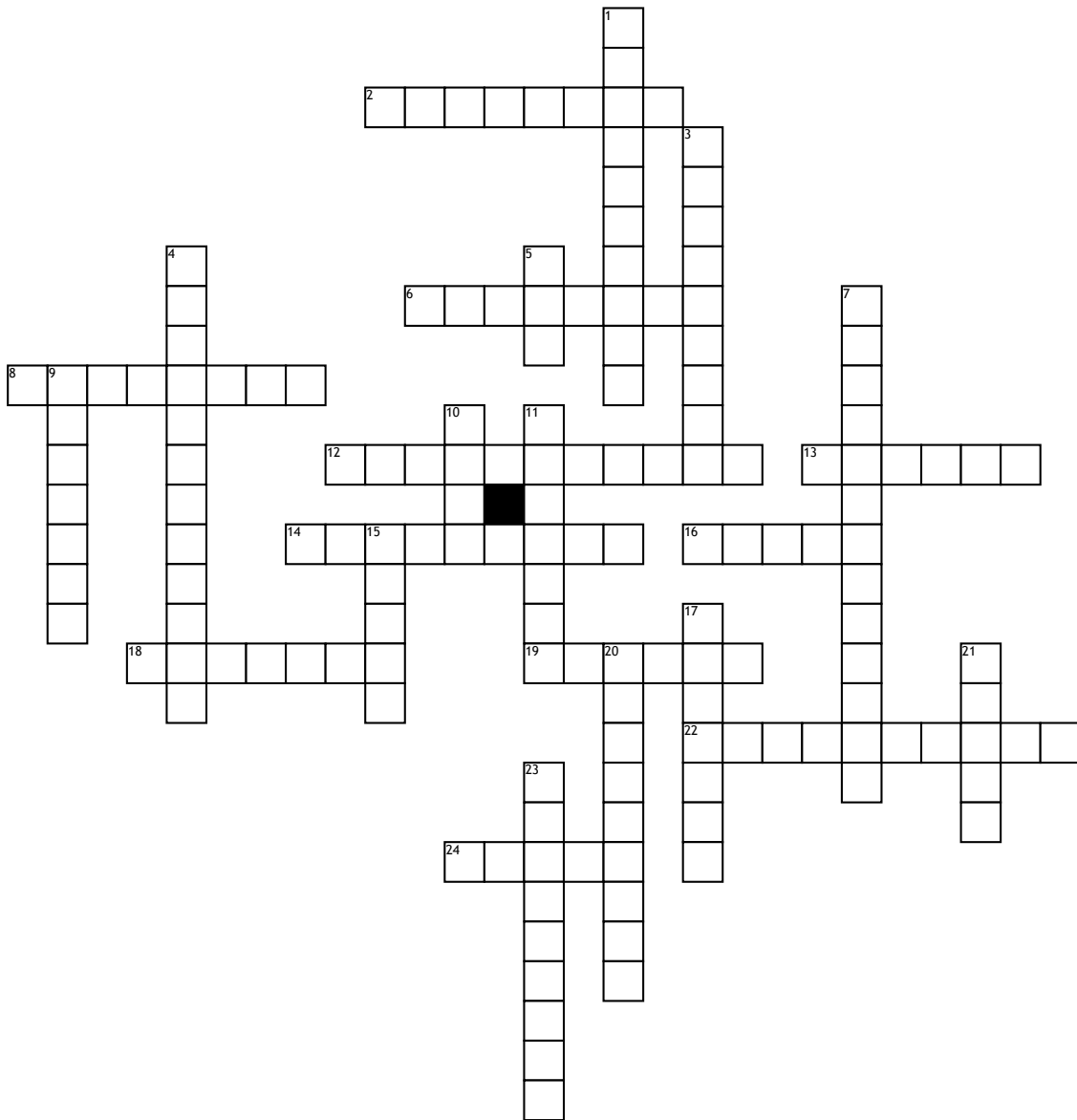


# TeenHealth.Org (Sleep Crossword)



**Across**

- 2. National Highway Safety Traffic Administration estimates that more than 40,000 \_\_\_\_\_ occur every year caused by drivers who are simply tired. accidents
- 6. Trouble falling or staying asleep is called \_\_\_\_\_
- 8. You can get more sleep by avoiding drinks with \_\_\_\_\_
- 12. You can get more sleep by creating the right sleeping \_\_\_\_\_
- 13. National Highway Safety Traffic Administration estimates that more than 1,500 \_\_\_\_\_ occur every year caused by drivers who are simply tired. accidents
- 14. National Highway Safety Traffic Administration estimates that more than 100,000 \_\_\_\_\_ occur every year caused by drivers who are simply tired.

16. What is the minimum amount of sleep a teen should get per night (in hours)?

- 18. You can get more sleep by napping no more than 30 \_\_\_\_\_
- 19. Lost sleep is tied to poorer \_\_\_\_\_.
- 22. You can get more sleep by avoiding \_\_\_\_\_ before bed
- 24. You can get more sleep by waking up to a bright \_\_\_\_\_

**Down**

- 1. Temporarily stopping breathing during sleep because airway becomes narrowed or blocked is called \_\_\_\_\_
- 3. A teen's \_\_\_\_\_ rhythm is temporarily reset telling a person to fall asleep later and wake up later.
- 4. Over night, nights of missed sleep can build into a \_\_\_\_\_
- 5. You can get more sleep by keeping the lights \_\_\_\_\_

- 7. You might need more sleep if you have a hard time \_\_\_\_\_
- 9. You can get more sleep by avoiding \_\_\_\_\_ and other drugs
- 10. You can get more sleep by relaxing your \_\_\_\_\_
- 11. You might need more sleep if you have a hard time waking up in the \_\_\_\_\_
- 15. You might need more sleep if you fall asleep during \_\_\_\_\_
- 17. You can get more sleep by setting a regular \_\_\_\_\_
- 20. Lack of sleep also damages teens' ability to perform to best of their ability in \_\_\_\_\_
- 21. You might need more sleep if you feel very \_\_\_\_\_
- 23. You can get more sleep by exercising \_\_\_\_\_