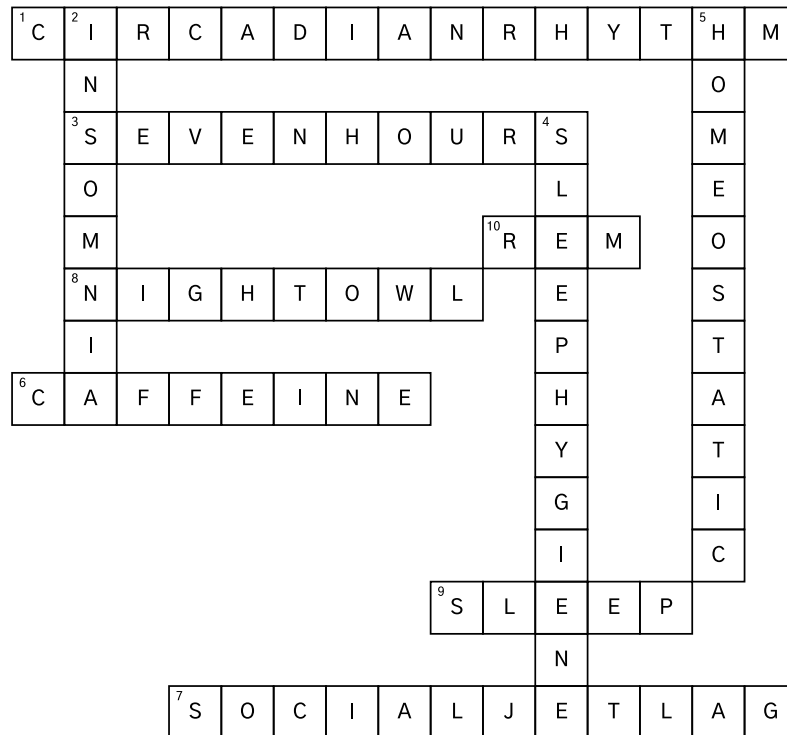


How much do you know about sleep? Answer sheet



Across:

1. The cycle of physical, mental, and behavioural changes that follow a 24-hour period (two words) **A: Circadian rhythm**

- 3.** The minimum recommended number of hours of sleep for teenagers (two words)

A: Seven hours

6. Consuming this stimulant can make it hard to sleep **A: Caffeine**

7. The phrase used to describe body clock disruptions due to lifestyle (two words)

A: Social jetlag

8. A common term used to describe someone who naturally falls asleep and wakes up later (two words) **A: Night owl**

- ## 9. The third pillar of health alongside diet and exercise **A: Sleep**

- 10.** The stage of sleep where most dreaming occurs (abbreviation) **A: REM**

Down:

- 2.** A common sleep disorder characterised by difficulty falling or staying asleep

A: Insomnia

4. The practice of maintaining good habits for quality sleep (two words)

A: Sleep hygiene

5. The sleep process that is influenced by how long you have been awake for

A: Homeostatic