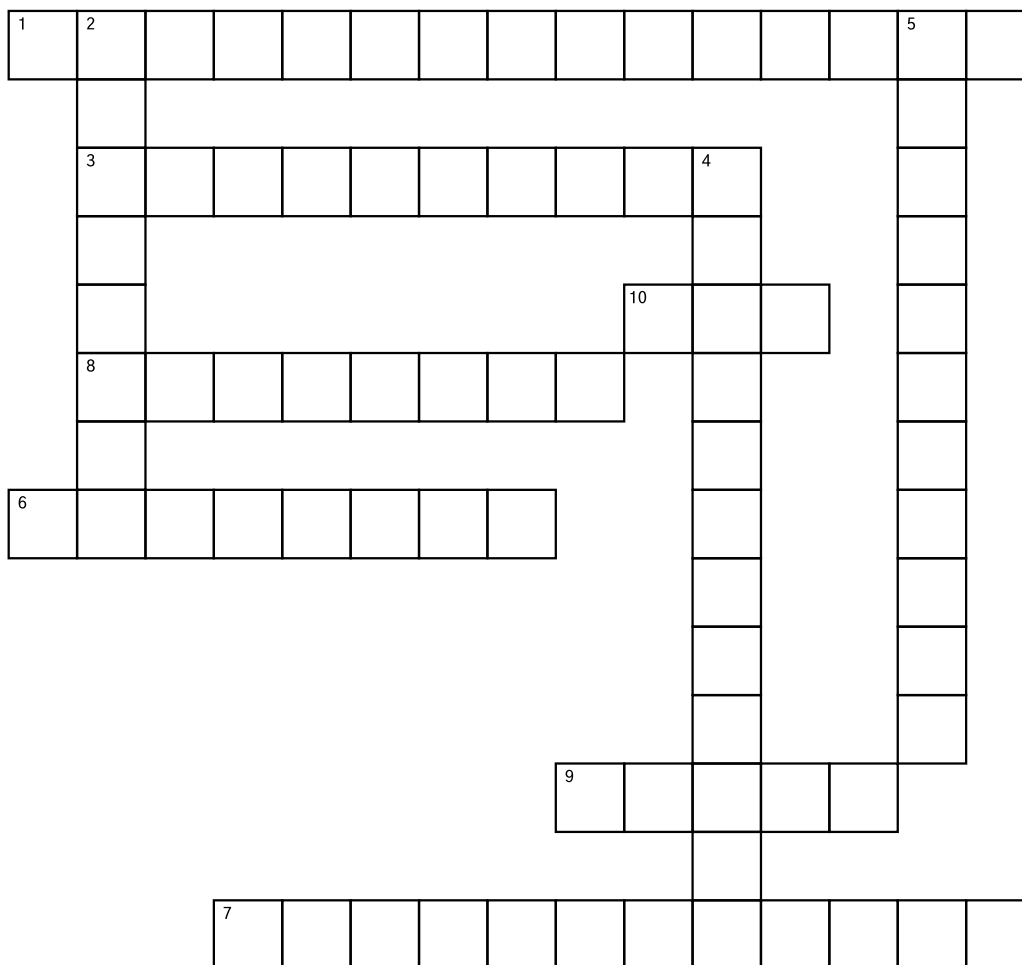




How much do you know about sleep?



Across:

1. The cycle of physical, mental, and behavioural changes that follow a 24-hour period (two words)
3. The minimum recommended number of hours of sleep for teenagers (two words)
6. Consuming this stimulant can make it hard to sleep
7. The phrase used to describe body clock disruptions due to lifestyle (two words)
8. A common term used to describe someone who naturally falls asleep and wakes up later (two words)
9. The third pillar of health alongside diet and exercise
10. The stage of sleep where most dreaming occurs (abbreviation)

Down:

2. A common sleep disorder characterised by difficulty falling or staying asleep
4. The practice of maintaining good habits for quality sleep (two words)
5. The sleep process that is influenced by how long you have been awake for