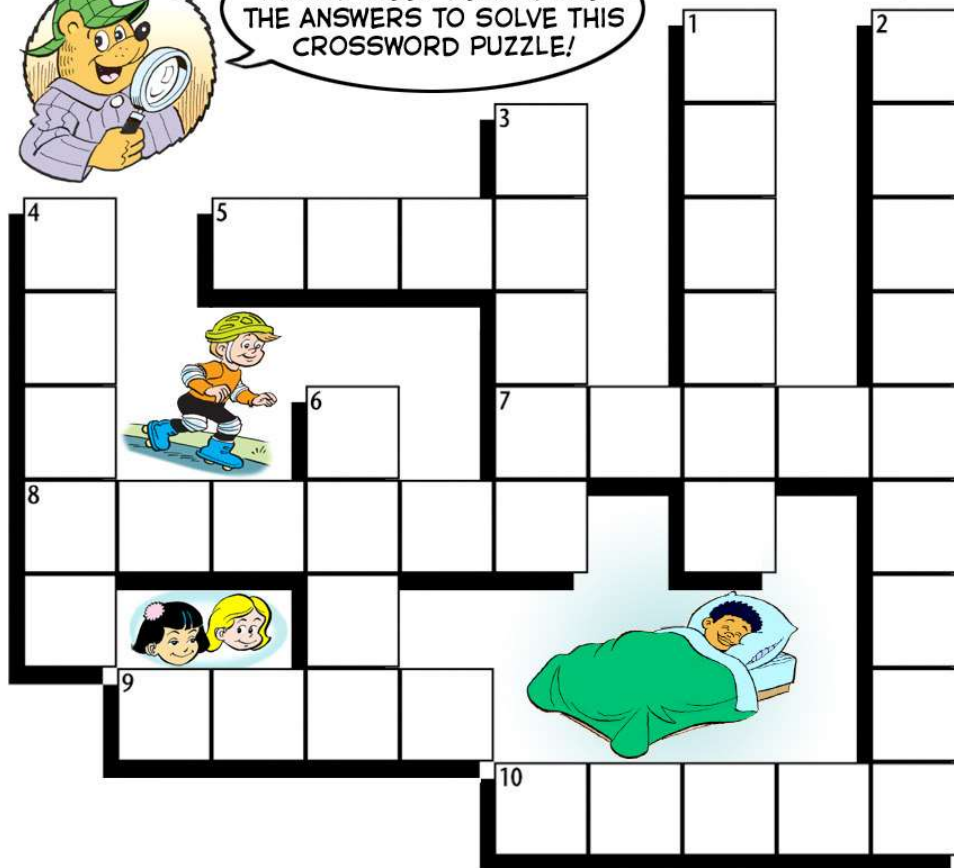


SNOOZE CLUES

from sleepforkids.org



READ THE CLUES
ABOUT SLEEP BELOW. USE
THE ANSWERS TO SOLVE THIS
CROSSWORD PUZZLE!



ACROSS

5. To help your muscles and bones grow and to keep you healthy, sleep renews and strengthens your _____.
7. In the morning, your eyes and brain are signalled that it is time to wake-up by _____.
8. Your body needs rest at night, but while you sleep it is still _____.
9. During stage 3 and 4 you are in a _____ sleep.
10. To help you concentrate, solve problems, and learn, sleep refreshes your _____.

DOWN

1. A full night of sleep helps you stay active all day by giving you enough _____.
2. Our brain makes a chemical that makes us sleepy called _____.
3. Five or six times a night, you go through one sleep _____.
4. Rapid-Eye-Movement sleep is the stage when we _____.
6. Each cycle of sleep has _____ stages.

ANSWERS Across: 5. Body 7. Light 8. Active 9. Deep 10. Brain
Down: 1. Energy 2. Melatonin 3. Cycle 4. Dream 6. Five