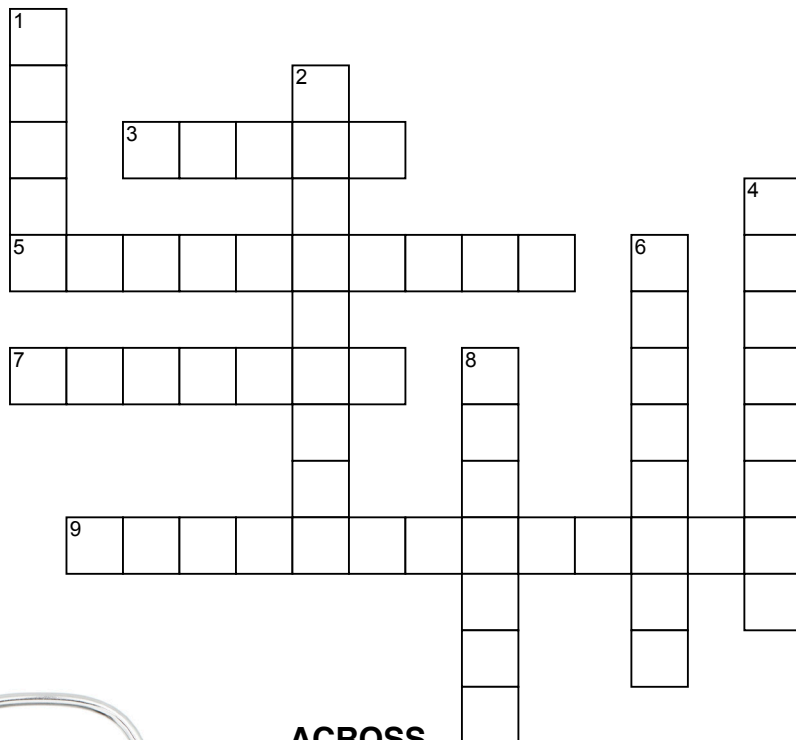


Challenge YOURSELF

Sleep Tight



ACROSS

- 3 Choose _____ instead of alcohol and drinks with caffeine, such as tea, coffee, or colas.
- 5 Avoid using _____, such as your television, your computer, or your phone, at least two hours before going to bed.
- 7 Keep a _____ sleep schedule - stick to the same bedtime and wake time schedule, even on days off.
- 9 Regular sleep problems have a direct impact on _____ and memory.

DOWN

- 1 Eliminate noise and _____ where you sleep by using ear plugs, and eye masks or dark shades in the bedroom windows.
- 2 For some women experiencing _____, mind-body therapies such as yoga and Tai-Chi have shown to be effective in helping sleep and mood.
- 4 Consuming _____ within four to six hours of bedtime can stop you from getting a restful sleep.
- 6 Try doing something _____, such as reading a book, listening to soft music, or trying some mindful meditation to help you fall asleep.
- 8 Having a _____ that is quiet, clean, and comfortable can help you fall asleep.



NAME: _____

DEPARTMENT: _____

EMAIL: _____