

Sleep Hygiene is Good for You

1. Adjective _____
2. Adjective _____
3. Adverb _____
4. Adverb _____
5. Noun _____
6. Noun _____
7. Noun _____

Sleep Hygiene is Good for You

Sleep hygiene is _____ Adjective _____ for you. Sleep is _____ Adjective _____ for our health. Sleep affects our daily functioning. Sleep can make us feel both good and bad _____ Adverb _____ and _____ Adverb _____. If we take too many _____ Noun _____ during the day it can also affect our sleep at night. We want to be getting between 6 to 10 hours of sleep depending on our body's personal rhythm. _____ Noun _____ is our body's way of resetting it's self every day. Sleep is _____ Noun _____. What is your favorite part about sleeping? Do you take mid-day naps? Are you a night owl? Or maybe you are an early-bird? Whatever your sleep pattern are benefits that come with it. Let me know what you consider yourself.