

# 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.