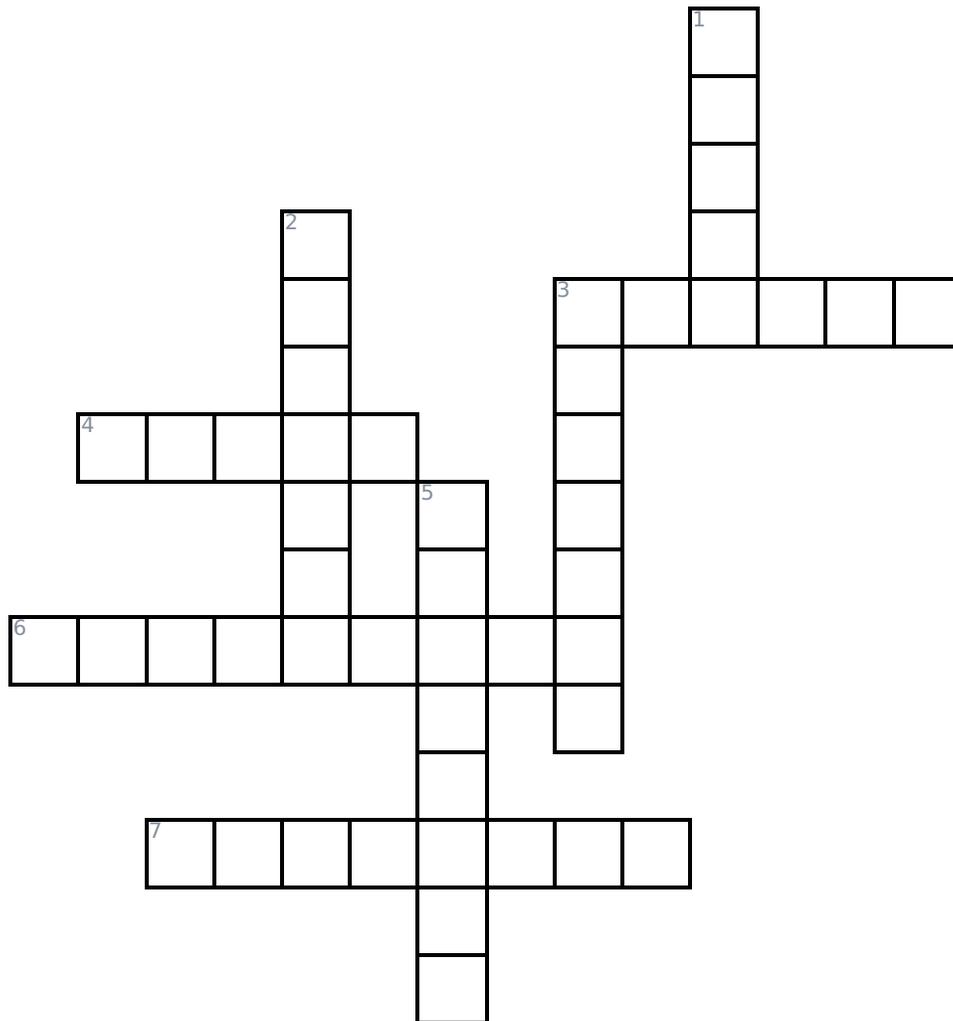

You Wouldn't Want To Live Without Sleep!: Criss Cross

Answer clues based on the content and vocabulary words from You Wouldn't Want To Live Without Sleep!. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



Across

3. No one really knows why we sleep or why we have strange ____.
4. The REM cycle stands for ____ eye movement.
6. Sleeping is essential for health and ____.
7. A good night's sleep before a test can help with ____ thinking.

Down

- 1. Too much ""floppy"" tissue in our throat or nose can make us ____.
- 2. Leonardo ____ survived on two hours' sleep a day in short power naps.
- 3. The reef fish Halichoeres bivittate is one of the world's ____ sleepers.
- 5. Most people spend a third of their life ____.

Word Bank

SLEEPING
DEEPEST

HAPPINESS
DA VINCI

DREAMS
CRITICAL

SNORE
RAPID

Answer Key

