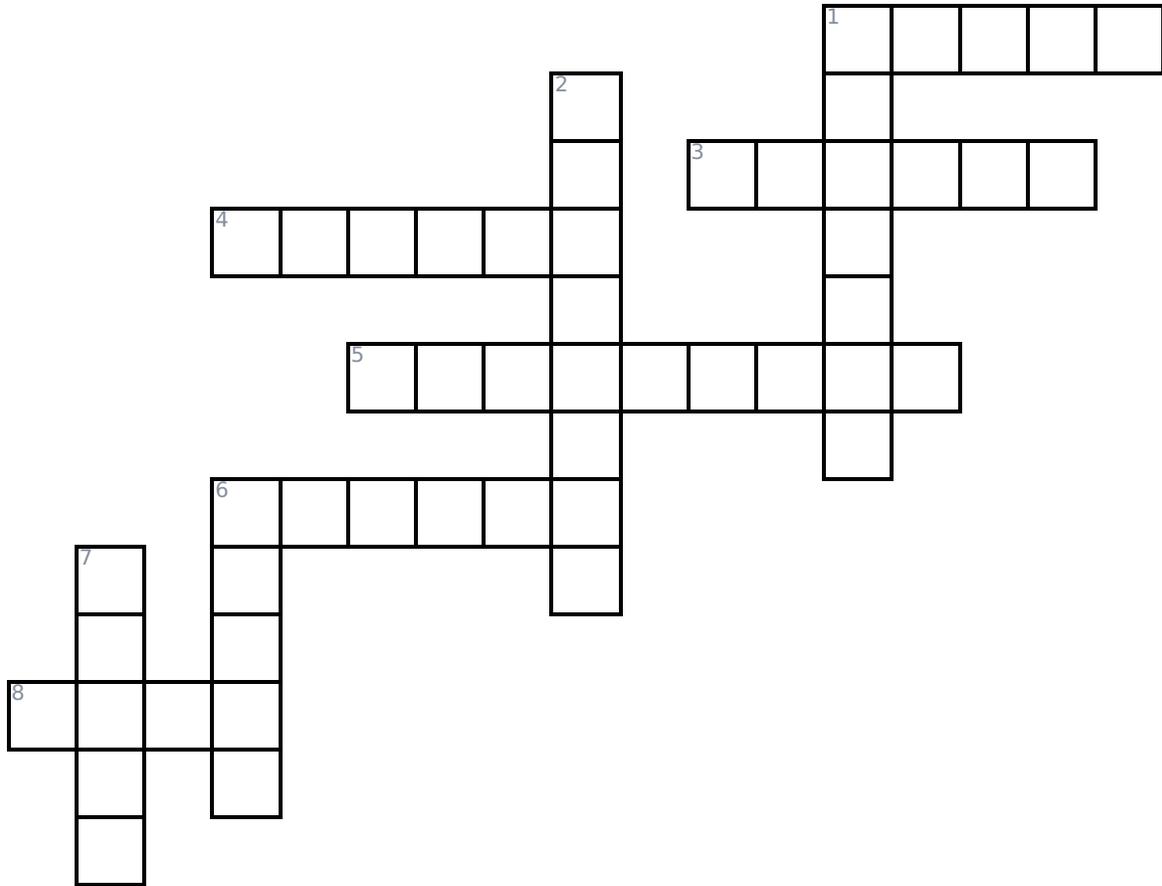


## Sleep Is For Everyone: Criss Cross

Answer clues based on the content and vocabulary words from Sleep Is For Everyone. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



## Across

1. At night your \_\_\_\_ needs a rest from thinking.
3. Young children can get \_\_\_\_ if they don't get their nap.
4. When you are asleep, your brain \_\_\_\_ mixed up thoughts.
5. When you are asleep, your brain keeps you lungs \_\_\_\_.
6. A Goose can \_\_\_\_ while standing up.
8. A bat will \_\_\_\_ while it's upside down.

## Down

- 1. When you are asleep, your brain keeps you heart \_\_\_\_.
- 2. If you don't get enough sleep, you will make \_\_\_\_.
- 6. Scientist know that most people need \_\_\_\_ to stay healthy.
- 7. Most people will get \_\_\_\_ when they are tired.

## Word Bank

SNOOZE  
BEATING  
SLEEP

DOZE  
BREATHING  
CROSS

CRANKY  
DREAMS

BRAIN  
MISTAKES

# Answer Key

