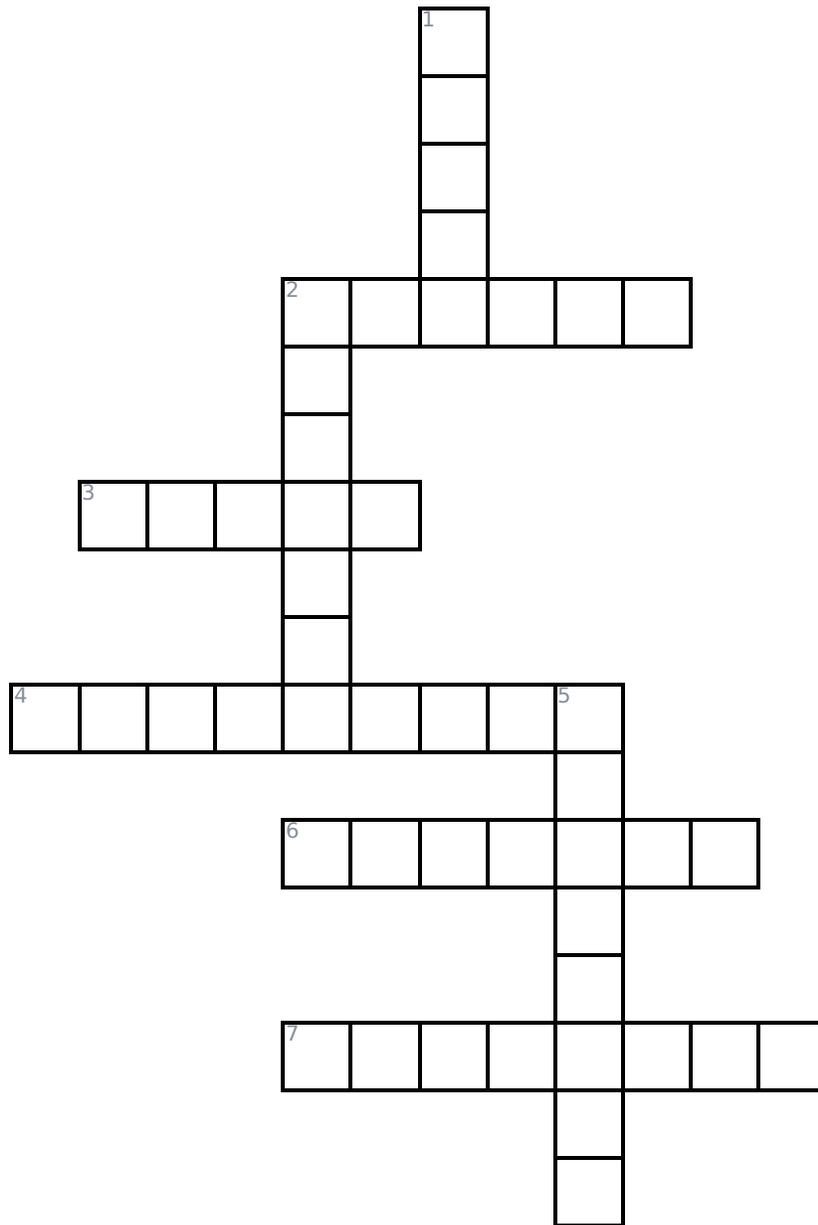


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## You Wouldn't Want To Live Without Sleep!: Criss Cross

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

2. No one really knows why we sleep or why we have strange \_\_\_\_.
3. The REM cycle stands for \_\_\_\_ eye movement.
4. Sleeping is essential for health and \_\_\_\_.
6. The reef fish *Halichoeres bivittate* is one of the world's \_\_\_\_ sleepers.
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.
- 5. Most people spend a third of their life \_\_\_\_.

## Word Bank

SLEEPING  
DEEPEST

HAPPINESS  
DA VINCI

DREAMS  
CRITICAL

SNORE  
RAPID

# Answer Key

