



**STRETCHING**

# Sleep Sayings

Ask participants to identify as many nap/sleep idioms as they can in one minute.



Example: Counting sheep

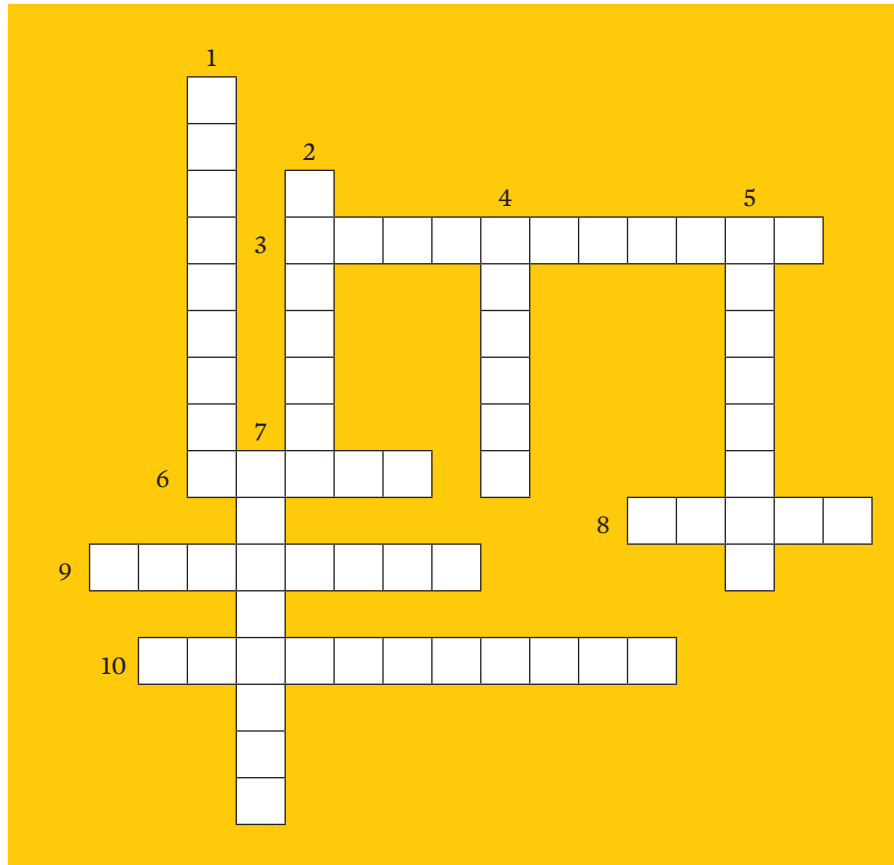



# Quality Sleep Crossword

Use the sentences to complete the puzzle.

## WORKOUT 1

1. Sleep is an important factor in \_\_\_\_\_ function.
2. \_\_\_\_\_ is a relaxing bedtime routine.
3. It is important to eliminate \_\_\_\_\_ in the bedroom, including the t.v.
4. Limit nap time to about \_\_\_\_\_ minutes in the early afternoon.
5. Drinking too much \_\_\_\_\_ late in the day can disrupt sleep.
6. It is recommended that people sleep \_\_\_\_\_ hours per night for optimal brain and body health.
7. A person who has difficulty falling or staying asleep may have \_\_\_\_\_.
8. \_\_\_\_\_ is a disorder related to sleep.
9. Daily \_\_\_\_\_ activity is beneficial for a good night's sleep.
10. Sleeping quarters should be cool, dark, quiet, and \_\_\_\_\_.





## WORKOUT 2

# Zzz's

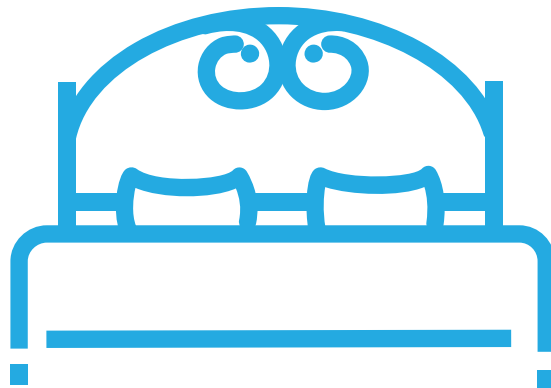
Write a synonym with the letter Z in it for each of the following words.

- |             |       |                 |       |
|-------------|-------|-----------------|-------|
| 1. Fire     | _____ | 12. Liquor      | _____ |
| 2. Steal    | _____ | 13. Christen    | _____ |
| 3. Reduce   | _____ | 14. Airship     | _____ |
| 4. Buffet   | _____ | 15. Baffle      | _____ |
| 5. Danger   | _____ | 16. Lightheaded | _____ |
| 6. Fry      | _____ | 17. Grab        | _____ |
| 7. Worship  | _____ | 18. Iced        | _____ |
| 8. Worry    | _____ | 19. Shaver      | _____ |
| 9. Test     | _____ | 20. Sorcerer    | _____ |
| 10. Reptile | _____ | 21. Coat        | _____ |
| 11. Leak    | _____ | 22. Windy       | _____ |





Recall as many words that contain EE and OO as you can.



EE

[illegible]