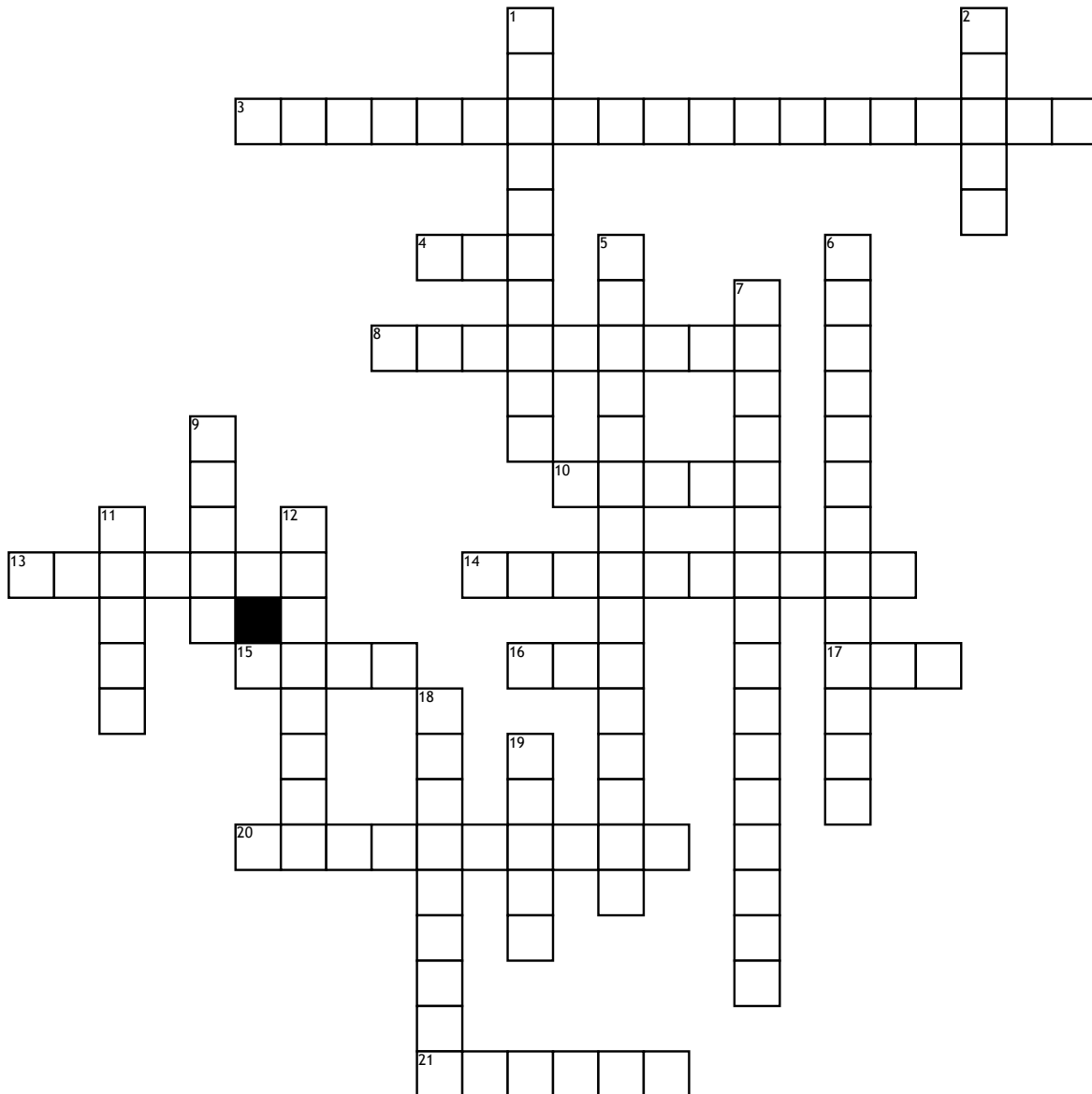


# Sleep, Diet, and Exercise



## Across

3. What kind(S) of food should take up the most space on one's plate?  
 4. \_\_\_\_\_ is an ideal form of stored energy  
 8. During stage two, temperature and \_\_\_\_\_ drop.  
 10. How many hours of sleep should one average per night?  
 13. \_\_\_\_\_ is found in meat and we need it for healthy muscles.  
 14. One stops breathing during sleep  
 15. Most humans eat more/less when with others?

16. How many hour(s) should one exercise per day?

17. \_\_\_\_\_ mimics the wakeful activity

20. overwhelming daytime drowsiness

21. One should \_\_\_\_\_ before exercising.

## Down

1. What stage does sleepwalking, night Terrors, sleep-talking, and bedwetting occur?

2. True or False: Muscle weighs more than fat?

5. sustained exercise that increases heart and lung fitness; may also alleviate depression and anxiety

6. the more muscle and less fat you have, the higher your \_\_\_\_\_

7. A subfield of psychology that provides psychology's contribution to behavioral medicine

9. \_\_\_\_\_ is good for keeping you hydrated.

11. Sleep improves \_\_\_\_\_ and productivity

12. The inability to fall asleep or stay awake

18. Increasing \_\_\_\_\_ helps your heart and lungs work better, and gets more oxygen to your brain so you can think better!

19. What helps you replenish energy?