

Sleep Hygiene is Good for You

1. Adjective
2. Adjective
3. Adverb
4. Adverb
5. Noun
6. Noun
7. Noun

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Sleep hygiene is _____ Adjective for you. Sleep is _____ Adjective for our health. Sleep affects our daily functioning. Sleep can make us feel both good and bad _____ Adverb and _____ Adverb. If we take too many _____ Noun during the day it can also affect our sleep at night. We want to be getting between 6 to 10 hours of sleep depending on our body's personal rhythm. _____ Noun is our body's way of resetting it's self every day. Sleep is _____ Noun. What is your favorite part about sleeping? Do you take mid-day naps? Are you a night owl? Or maybe you are an early-bird? Whatever your sleep pattern are benefits that come with it. Let me know what you consider yourself.