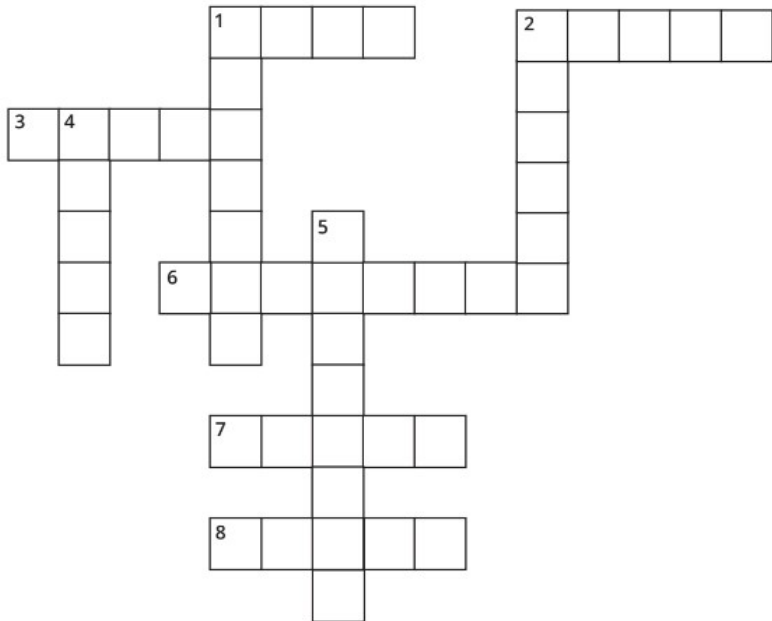




# HEALTHY KIDS CORNER

## Sleep Your Way to Health

Do you get enough rest? Sleep is important for your body.



- Word bank:
- |          |        |
|----------|--------|
| hormones | clean  |
| memories | humans |
| sleep    | blood  |
| hours    | liver  |
| minutes  | more   |

### ACROSS

- You may eat \_\_\_\_\_ when you're tired.
- Most adults need at least 7-9 \_\_\_\_\_ of sleep per night. Children need more.
- Your brain can \_\_\_\_\_ itself during sleep by getting rid of waste.
- Sleep helps the brain form \_\_\_\_\_.
- During deep sleep your \_\_\_\_\_ pressure drops. Breathing slows and blood flow moves to the muscles.
- The Challenger shuttle disaster and Chernobyl nuclear accident have been blamed on errors related to \_\_\_\_\_ deprivation.

### DOWN

- It should take about 10-15 \_\_\_\_\_ to fall asleep. If you always fall asleep faster, you may be sleep deprived.
- \_\_\_\_\_ are the only mammal that delay sleep on purpose.
- While you're asleep, your \_\_\_\_\_ switches from cleansing your body to re-building it.
- Growth \_\_\_\_\_, which help the body grow and heal, are released during sleep.

**AT-HOME CHALLENGE:** Active play for 60 minutes a day helps you sleep better! Write down the days this week you were active:

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