

Sleep Word Scramble



Name: _____

Each scrambled word below relates to sleep. However, each scrambled word contains one extra letter. Unscramble the words and place the extra letter in the last column. Once you've unscrambled all the words, read the extra letters vertically to complete the bonus message.

	Clue and scrambled word	Answer	Extra letter
1.	More than a hidrgt of Americans struggle to get enough sleep.		
2.	Sleep can be disrupted if you use trooceilecn devices before bed.		
3.	Lack of sleep is associated with aetrlh disease, obesity, and depression.		
4.	Having a consistent debdmite and waking time can help you sleep well.		
5.	The room you sleep in should be relaxing, dark, and utqeie .		
6.	Ciingenrexs can help you sleep better at night.		
7.	A car's vibrations can make a person feel syrwood .		
8.	Snorting, snoring, and gasping for breath can be signs of sleep pahaen .		
9.	Sleep apnea can lead to health conditions including high blood pressure, stroke, and teaidbeas .		
10.	Sleep apnea can also increase the risk of nicdicatse .		
11.	A women may have different nptmosyms of sleep apnea than a man.		

“Sleep is that _____ that ties health and our bodies together.” – Thomas Dekker