# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

Fill in the blank with the word that best completes each sentence.

**1.** It is important that you get good Blank sleep each night.

**2.** If a person does not get enough sleep each night, they may become
sleep- Blank .

**3.** A(n) Blank happens when someone does not get enough sleep night after night.

**4.** The inability to fall asleep or stay asleep is called Blank .

**5.** To help you sleep, you should avoid consuming any Blank before bed.

**6.** When you sleep, your body is Blank , or inactive and without awareness.