FILL IN THE BLANKS

Your sleep habits can have a lasting effect on your overall health. Simply tweaking a few of your tech device habits can help upgrade your sleep hygiene for a better night’s rest.

Here are some tiny tweaks you can try:

[BLANK]. Charge your device [BLANK] somewhere other than next to your [BLANK]. Keep it farther away, or better yet, in another room. You’ll [BLANK] the separation, we promise! [BLANK]. Staring into the [BLANK] of your phone may mess with your Circadian [BLANK] and [BLANK] production. [BLANK]. Set an [BLANK] to go to bed. [BLANK] don’t have to be just for [BLANK]. Use one to [BLANK] that it’s [BLANK] to wrap it up for the night. [BLANK]. Is the [BLANK] just too strong to keep [BLANK] through cat [BLANK]? Use an app [BLANK] that makes it [BLANK] for you to fall into the [BLANK] after a certain hour [BLANK]. Use the “[BLANK]” function to block all notifications during [BLANK]. Pick a [BLANK] and do it now so you can get your [BLANK] tonight.

Use each of these words or term once:

- BLOCKING APP
- LOCK IT
- OVERNIGHT
- TEMPTATION
- DO NOT DISTURB
- REMIND
- DIM IT
- BRIGHT LIGHT
- SCROLL TRAP
- RHYTHM
- MELATONIN
- SET IT
- ALARM
- MOVE IT
- WAKING UP
- TIME
- SCROLLING
- VIDEOS
- IMPOSSIBLE
- BLOCK IT
- SLEEP HOURS
- TWEAK
- 10-12 HOURS
- SURVIVE
- BED
- ALARMS
FILL IN THE BLANKS

ANSWER KEY

MOVE IT. Charge your device OVERNIGHT somewhere other than next to your BED. Keep it farther away, or better yet, in another room. You’ll SURVIVE the separation, we promise! DIM IT. Staring into the BRIGHT LIGHT of your phone may mess with your Circadian RHYTHM and MELATONIN production. SET IT. Set an ALARM to go to bed. ALARMS don’t have to be just for WAKING UP. Use one to REMIND you that it’s TIME to wrap it up for the night. LOCK IT. Is the TEMPTATION just too strong to keep SCROLLING through cat VIDEOS? Use an app BLOCKING APP that makes it IMPOSSIBLE for you to fall into the SCROLL TRAP after a certain hour BLOCK IT. Use the “DO NOT DISTURB” function to block all notifications during SLEEP HOURS. Pick a TWEAK and do it now so you can get your 10-12 HOURS tonight.