Across
6. the condition of not being able to sleep (adj)
7. without moving (adj)
11. a person who stays up late (n) [2 words]
12. to become lighter (exp) [2 words]
13. something that solves a health problem (n)
14. a person who gets up early (n) [2 words]

Down
1. having a lot to do (adj)
2. a clock that makes noise to wake you up (n) [2 words]
3. the way that someone lives (e.g. work and activities) (n)
4. healthy and strong (adj)
5. a pain in your head (n)
8. food that is unhealthy because it has a lot of fat or sugar (n) [2 words]
9. calm and comfortable (adj)
10. to make less (v)