Across
1. Calm and comfortable (adj)
5. The way that people live their lives (n)
6. A condition in which you can't sleep (n)
7. A frightening dream (n)
9. A small amount of food between meals (n)
11. Sweet food made mostly of sugar (n)
12. A pain in your head (n)
13. Get as much as you can from a situation 4,3,4,2
18. Fast food with lots of fat and sugar (n) 4,4
19. A person who stays up late (n) 5,3
21. Tired, unable to relax, too many worries (adj)

Down
2. Facts and signs that show something is true (n)
3. An empty space (n)
4. Wakes you up in the morning (n) 5,5
8. Always doing things (adj)
10. It can solve a health problem (n)
14. A person who gets up early (n) 5,4
15. A ______ sleeper does not wake up easily (adj)
16. Healthy and strong (adj)
17. Not moving (adj)
20. Have a lot to do (adj)