

Fill in the missing information.



Insomnia Effects

When people hear the word insomnia, they feel negative about it. However, this report can show you that there may be some benefits you can gain from having insomnia.

To ..... with, some type of insomnia is temporary, along with important events going on in our lives. Staying awake means that some people are so excited about what's going on in their life that they can not go to sleep.

Another ..... insomnia can benefit us is that it can make us more productive. Being awake can give us more time to get more things done.

The ..... way that insomnia can benefit us is by helping us feel less rushed in doing things, which makes us less pressured as well since we have more time on our hands than others.

Untreated insomnia can be harmful to our bodies on the long run. Despite having benefits, you should always speak to a doctor about it.

LIVEWORKSHEETS