

9 Habits That Damage Your Brain

1. _____, staying in the dark for too long will _____ leave you sleep-

2. Are you the type to _____ candy bars, cupcakes, or _____ after a long day?
3. _____ it's waking up in a _____ or not feeling hungry early in the morning, taking a pass on breakfast may sound _____
4. Why is it important to adhere these 9 habits?

5. What does social isolation cause?

6. Why is it bad to sleep with covers over your head?