

Words	✓	Meaning	Example
Insomnia		Difficulty falling or staying asleep	
Lay in		Sleeping later than usual, typically on weekends or days off.	
Caffeine		A stimulant found in coffee and tea	
Friendly		Acting in a kind or helpful way towards others.	
Mornings		The early part of the day, typically from sunrise until noon.	
Messages		Written or spoken communications, usually sent via phone or other devices.	
Difficult		Something that is hard to do	
Decision		A choice made after thinking about different options.	
Night owl		A person who likes to stay up late at night.	
Gentle		Kind and calm in behavior; soft or mild in action.	