

WHAT CAUSES

INSOMNIA?

EXERCISE

LISTEN THE FOLLOWING VIDEO AND WRITE OR CHOOSE THE CORRECT ANSWERS FOR THE NEXT QUESTIONS

1. HOW IS INSOMNIA COMMONLY KNOWN?_____

2. OUR BRAIN GETS ITS ENERGY FROM GLUCOSA?_____

3. SELECT THE SYMPTOMS OF INSOMNIA :

SORE THROAT HEADACHE STOMACHACHE

STATE STRESS FLU PAIN

STATE EXAHUSTION

4. WHEN A PERSON HAS A SERIES OF RECURRING SYMPTOMS, THE ARE WITH?

5. CHOOSE TRUE O FALSE FOR THE PRACTICES RECOMMEDED FOR INSOMNIA

- ONLY USE YOUR BED FOR SLEEPING_____
- REGULATE YOUR METABOLISM BY SETTING CONSISTEN RESTING AND WAKING TIMES TO HELP ORIENT YOUR BODY'S BIOLOGICAL CLOCK_____
- MAKE SURE YOUR BEDROOM IS DARK AND QUIET - USE CURTAINS, BLINDS, AN EYE MASK OR EAR PLUGS IF NEEDED_____
- SOME DOCTORS PRESCRIBE MEDICATION TO AID SLEEP_____