Dan explains that managing the stress that leads to hyper-arousal and adopting good sleep practices can help (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our relationship with bedtime. He

recommends making sure our bedrooms are dark and comfortably cool or even leaving

our bedroom to engage in relaxing activities like reading. (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Dan maintains that setting consistent resting and waking times can

help orient the body's (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and that avoiding (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at

night also helps tell our body that it's time for sleep. Dan asserts that although some

doctors prescribe medication to aid sleep, there aren't reliable medications that help in (

5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . He adds that over-the•counter sleeping pills can be highly addictive, leading to withdrawal that (6) symptoms Dan suggests ensuring that

our sleeplessness is actually due to insomnia before seeking treatment. He gives the

example of DSPD sufferers, whose difficulty falling asleep at a typical bedtime is not

necessarily caused by (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stress Indeed, they are often able to sleep

comfortably if allowed to follow their own delayed schedule. Finally, Dan emphasises the

importance of our sleeping and waking cycle and recommends putting in some time and

effort to sustain a (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bedtime routine without losing sleep over it