

Sleeping

sleeping - definition of sleeping by the free dictionary - sleeping. cubicle - originally a small room for sleeping "from latin cumb, "lie down" that was separated from a larger room.
breakfast - literally means "breaking the fast" of the night, as it is the first meal after sleeping.
dormition - a peaceful and painless death, as well as the act of sleeping or falling asleep.

your guide to healthy sleep - your guide to healthy sleep . despite growing support for the idea that adequate sleep, like adequate nutrition and physical activity, is vital to our well-being, people are sleeping less. the nonstop 24/7 nature of the world today encourages longer or nighttime work hours and offers continual access to entertainment and other activities.

healthy sleeping document - final (26nov13) - healthy sleeping sleep is important to your physical and mental health. it allows your mind to digest and make sense of the day's events. it prepares your brain for learning new things the next day. during sleep your brain even cleans itself!

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sleeping - nevada department of education- phase 1: key ideas and details orient step 1: motivate (modeled, shared, collaborative, independent) using the first lines strategy (see compendium page 11), students read the first line of the short story sleeping in the first box of the graphic organizer (see page 7 in this document).

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