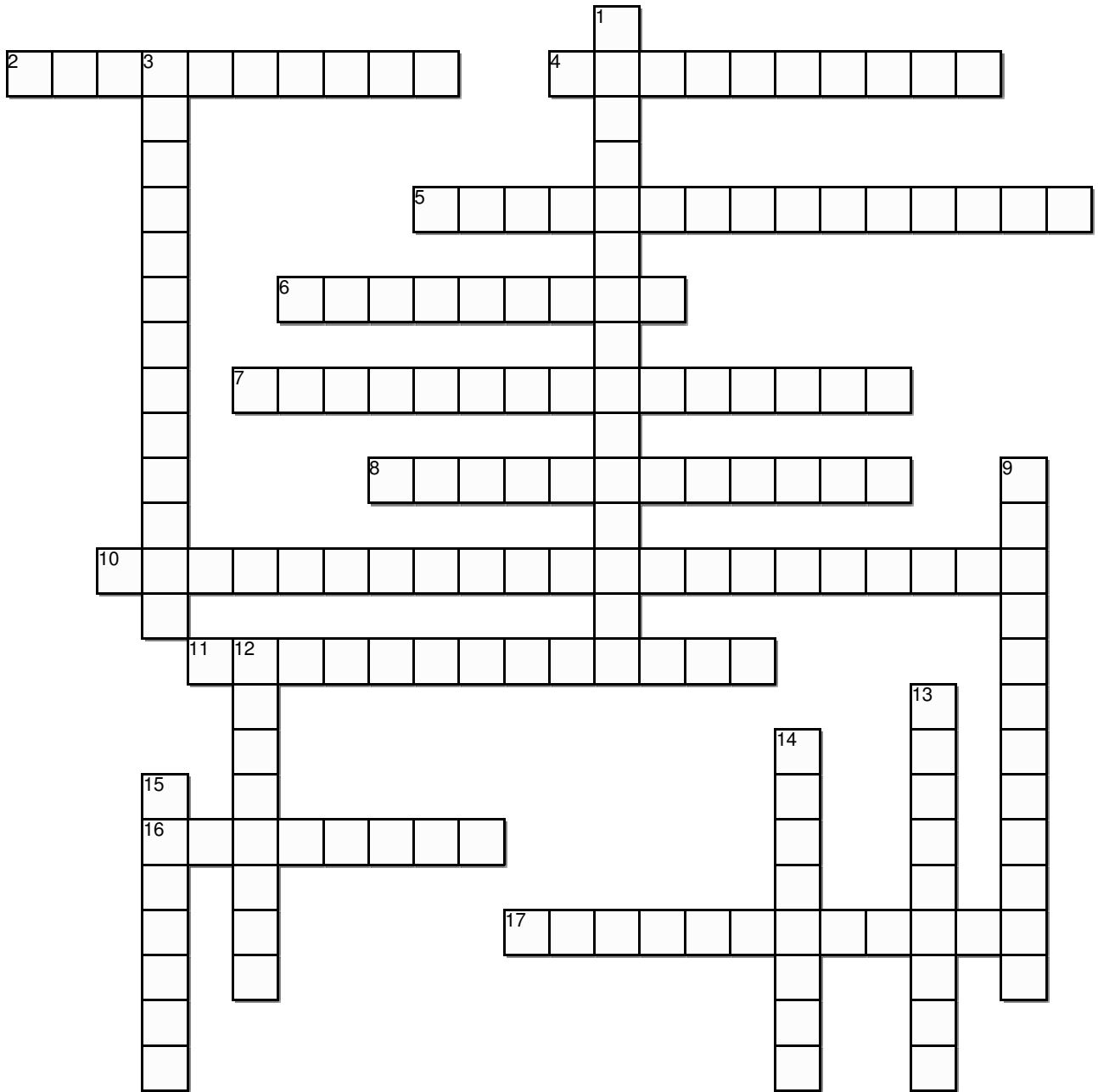


Name: _____

Sleep and Dreams Module 8

Complete the crossword below



Across

2. uncontrollable urge to sleep at strange times
4. temporary stopping of breathing during sleep, resulting in quick little wake ups during the night
5. biological rhythm that occurs once per day or 24-25 hours
6. hormone responsible for sleep
7. biological rhythms that occur once a month or once per season
8. responsible for directing the release of sleep chemicals in the brain
10. a story that seems to be scientific but isn't based on science
11. sleep researcher who determined sleep debt is real and coined term REM sleep
16. the stage in which you dream, needed for you to feel rested
17. occur during stage 3 sleep and involve rapid arousal and an appearance of being terrified during sleep

Down

1. biological rhythms that occur more than once a day
3. your awareness of yourself and your environment
9. another name for sleepwalking
12. inability to fall asleep or stay asleep
13. sudden jerking of the body while you are in NREM1 or NREM 2
14. bedwetting
15. grinding teeth while sleeping