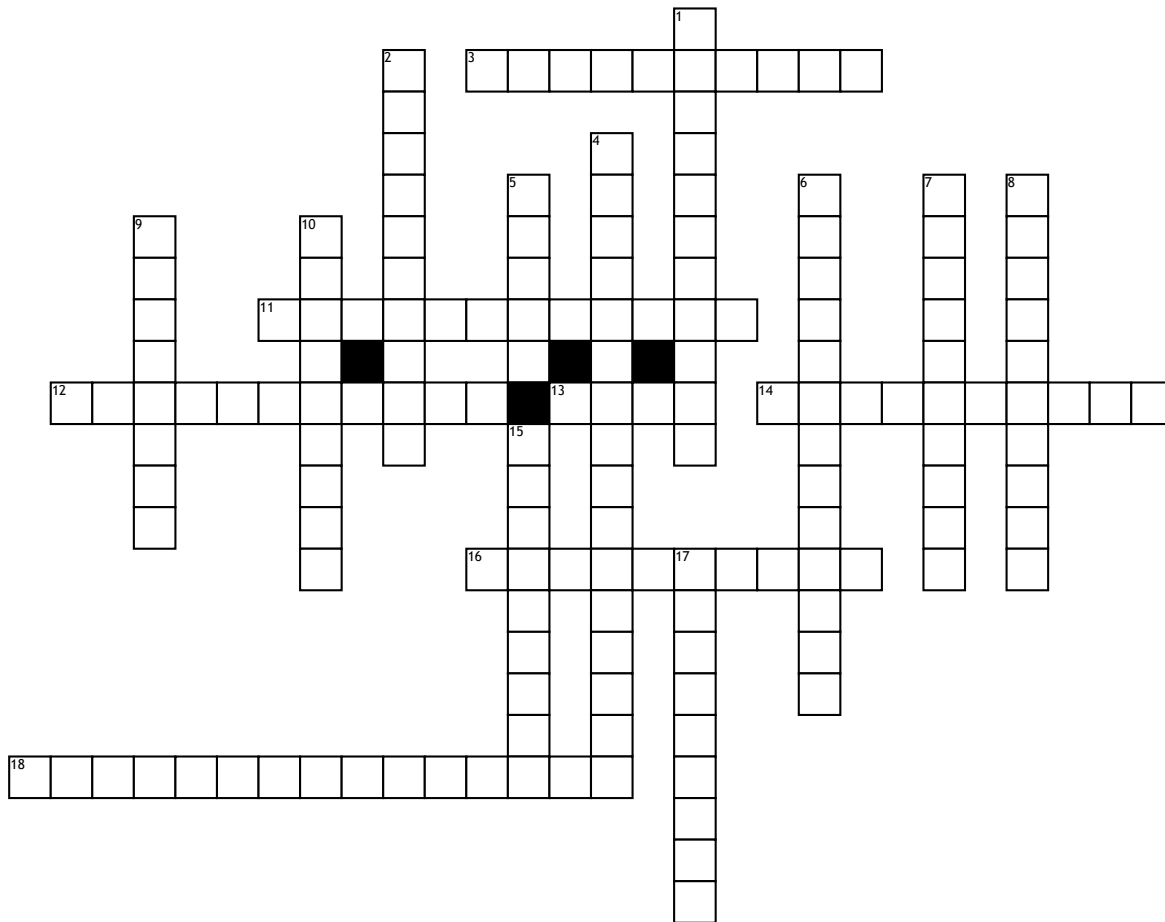


Name: _____

Date: _____

Psychology Chapter 4-Consciousness



Across

3. Sleep disorder with episodes during which breathing stops during sleep
 11. Sleep deprived individuals will experience longer sleep latencies during subsequent opportunities for sleep
 12. Tendency to maintain a balance, or optimal level, within a biological system
 13. Infant with no apparent medical condition suddenly dies during sleep
 14. Variety of negative symptoms experienced when drug use is discontinued
 16. Drug that tends to suppress central nervous system activity
 18. Biological rhythm that occurs over approximately 24 hours

Down

1. Characterized by high levels of sensory awareness, thought and behavior
 2. Sleep disorder in which the sufferer cannot resist falling to sleep at inopportune times
 4. Internal cycle of biological activity
 5. State marked by relatively low levels of physical activity and reduced sensory awareness that is distinct from periods of rest that occur during wakefulness
 6. Awareness of internal and external stimuli
 7. People become aware that they are dreaming and can control the dream's content
 8. Clearing the mind in order to achieve a state of relaxed awareness and focus

9. Consistent difficulty in falling or staying asleep for at least three nights a week over a month's time
 10. Hormone secreted by the endocrine gland that serves as an important regulator of the sleep-wake cycle
 15. Result of insufficient sleep on a chronic basis
 17. Drug that tends to increase overall levels of neural activity, includes caffeine, nicotine, amphetamines and cocaine