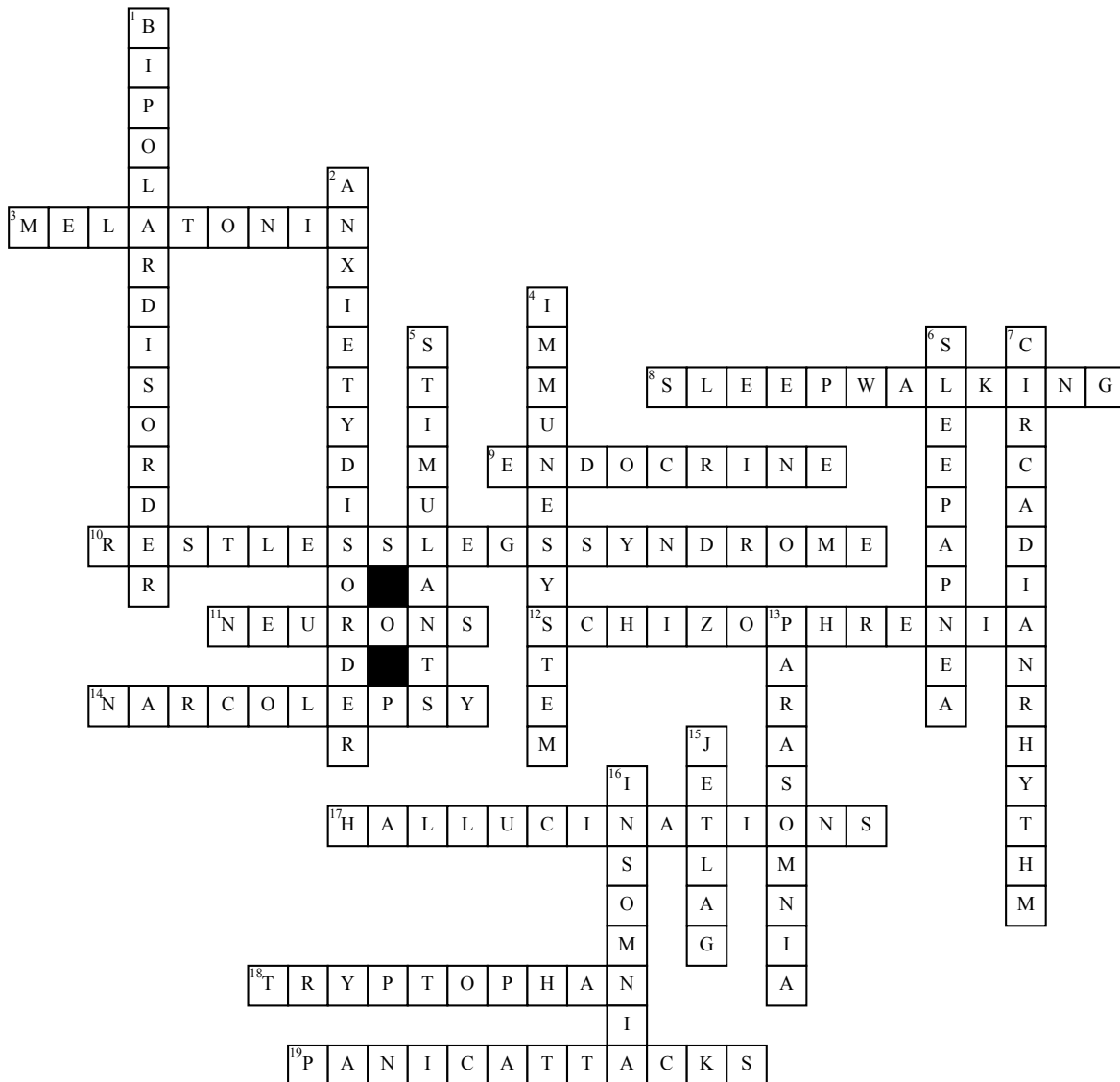


Name: _____ Date: _____ Period: _____

Health



Across

3. A hormone released by the pineal gland that increases feelings of relaxation and tiredness
8. Caused by genetic makeup, enviornmental factors, alcohol and drug use, and/or various medical conditions
9. Which system regulates hormone levels in the body?
10. A disorder in which the lower legs and feet prickle, crawl, and tingle
11. During sleep, what is a cell that makes up nerve tissues?
12. People with this typically experience irregular thoughts, delusions, false beliefs, or hallucinations
14. Difficulty with regulating sleep

17. What can you experience during stage one of sleep? (Vivid Sensations)

18. An amino acid that aids the body in making chemicals that help you sleep

19. Panic Disorder can induce this.

Down

1. People who have this disorder experience periods of intense depression that alternate with periods of manic, or mentally and physically hyperactive, moods.

2. People who experience extreme anxiety in particular situations can get this disorder.

4. Which system protects the body from illnesses?

5. Substances that produce a temporary increase in activity in the body, thus causing sleep difficulty

6. Potentially serious sleep disorder in which people stop breathing for short periods of time throughout sleep

7. "The Body Clock"

13. This occurs when people are partially, but not completely, aroused from sleep

15. This occurs when the natural circadian rhythm is disrupted and the body's biological clock takes a while to adjust

16. The inability to fall asleep or stay asleep