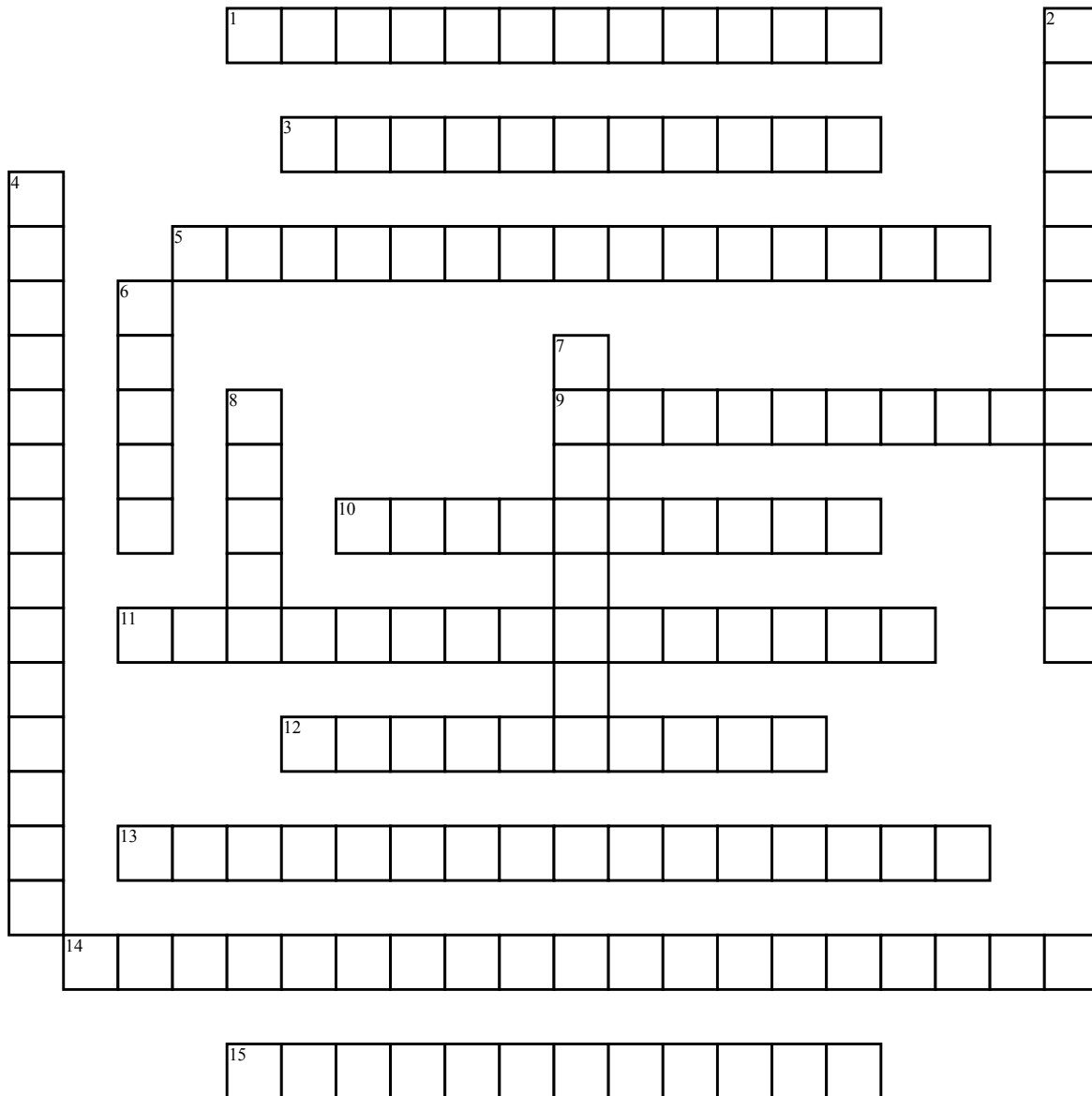


Name: _____ Date: _____ Period: _____

Sleep



Across

- 1. Disruptions in stage 4 of sleep that involve screaming etc.
- 3. One reason we sleep
- 5. What do 70% of our dreams consist of?
- 9. Bad dreams

10. Suddenly falling asleep anywhere

11. Rhythm of activity and inactivity

12. Breathing problems while asleep

13. What is REM?

14. What is NREM?

15. Behaviors that are carried out while sleeping

Down

2. Why do we dream?

4. 1-2 fall asleep but not in a deep sleep

6. A degree of consciousness

7. Failure to get enough sleep

8. What do 40% of females dream about?