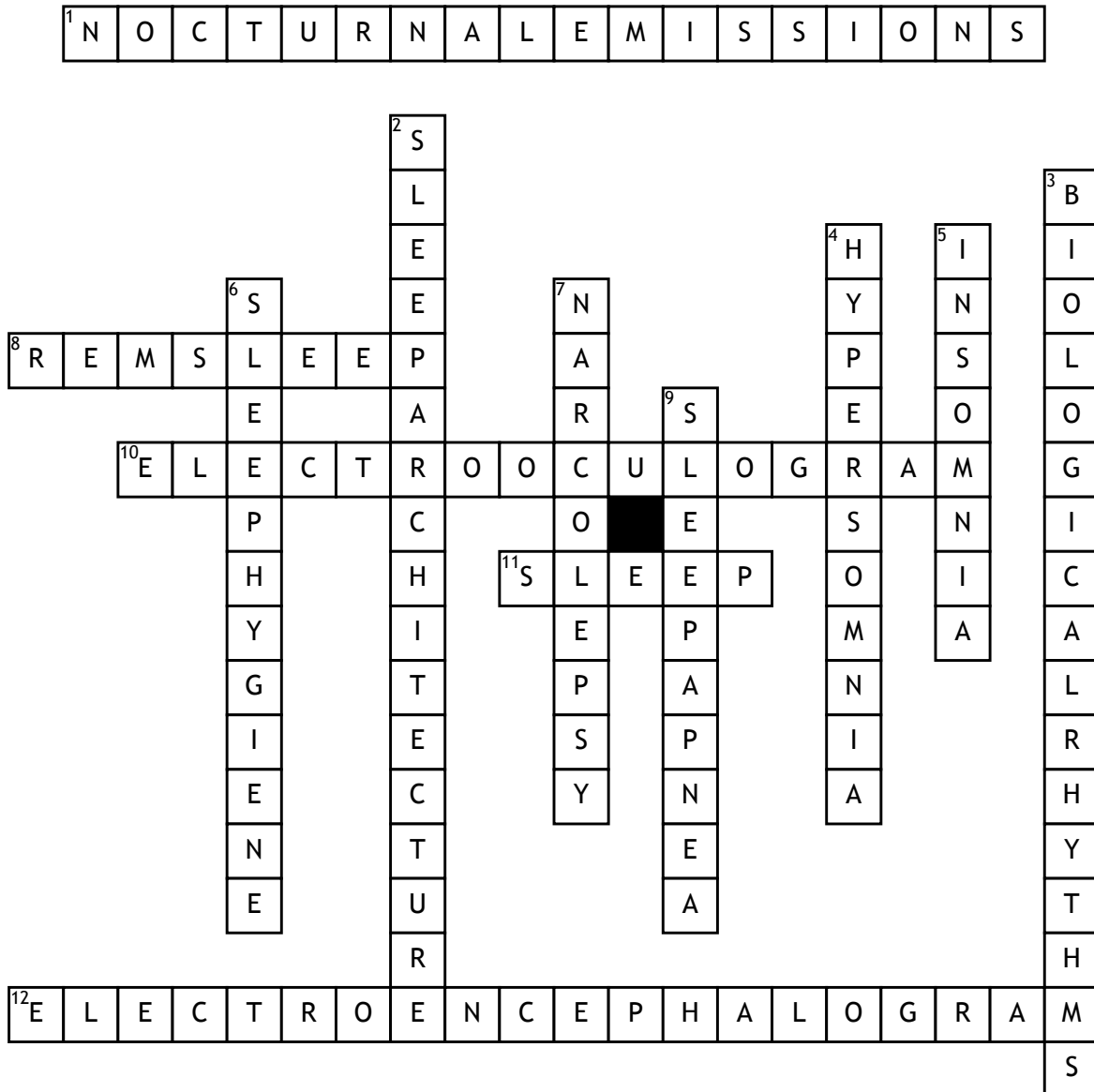


Sleep



Across

1. Orgasm and release of semen during sleep
8. Occurs about every 90 minutes; essential for psychosocial and mental equilibrium
10. Records eye movement
11. four stages; essential for physiological well-being

Down

12. Records brain waves
2. Basic organization of normal sleep
3. Controlled with the body and synchronized with environmental factors
4. individual obtains sufficient sleep at night but has difficulty staying awake during the day

5. Inability to fall asleep or remain asleep
6. Interventions used to promote and enhance the quality of client's sleep
7. Excessive daytime sleepiness caused by lack of chemical in area of the CNS that regulates sleep
9. Characterized by frequent, short breathing pauses during sleep