Sleep С S Ν 0 Т U R Ν А L Ε Μ L S L 0 Ν S S В L Е Н Т Т S Е Y Ν Ν 0 R Ε S L Е Е Ρ Ρ S L Μ А S Е R F 0 0 А ¹⁰E С G Ε С Т R 0 0 U L 0 R G L А Μ Ρ С 0 Е S Ν Т ¹¹S Ε Ρ С н Н L Е 0 L Ε Y Ρ А I Μ А G Т Ρ Ν L А Т Ε S Ρ R L Y Ε С Ν Н Α Е Y Ν Т Е Т U Α R Н ^{2}E Т Е Е С R 0 С Ε Ρ G Ν Н Α 0 R Μ L L А S

<u>Across</u>

 Orgasm and release of semen during sleep
 Occurs about every

90 minutes; essential for psychosocial and mental equilibrium

10. Records eye movement
11. four stages; essential for physiological well-being

12. Records brain waves <u>Down</u>

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

frequent, short breathing pauses during sleep