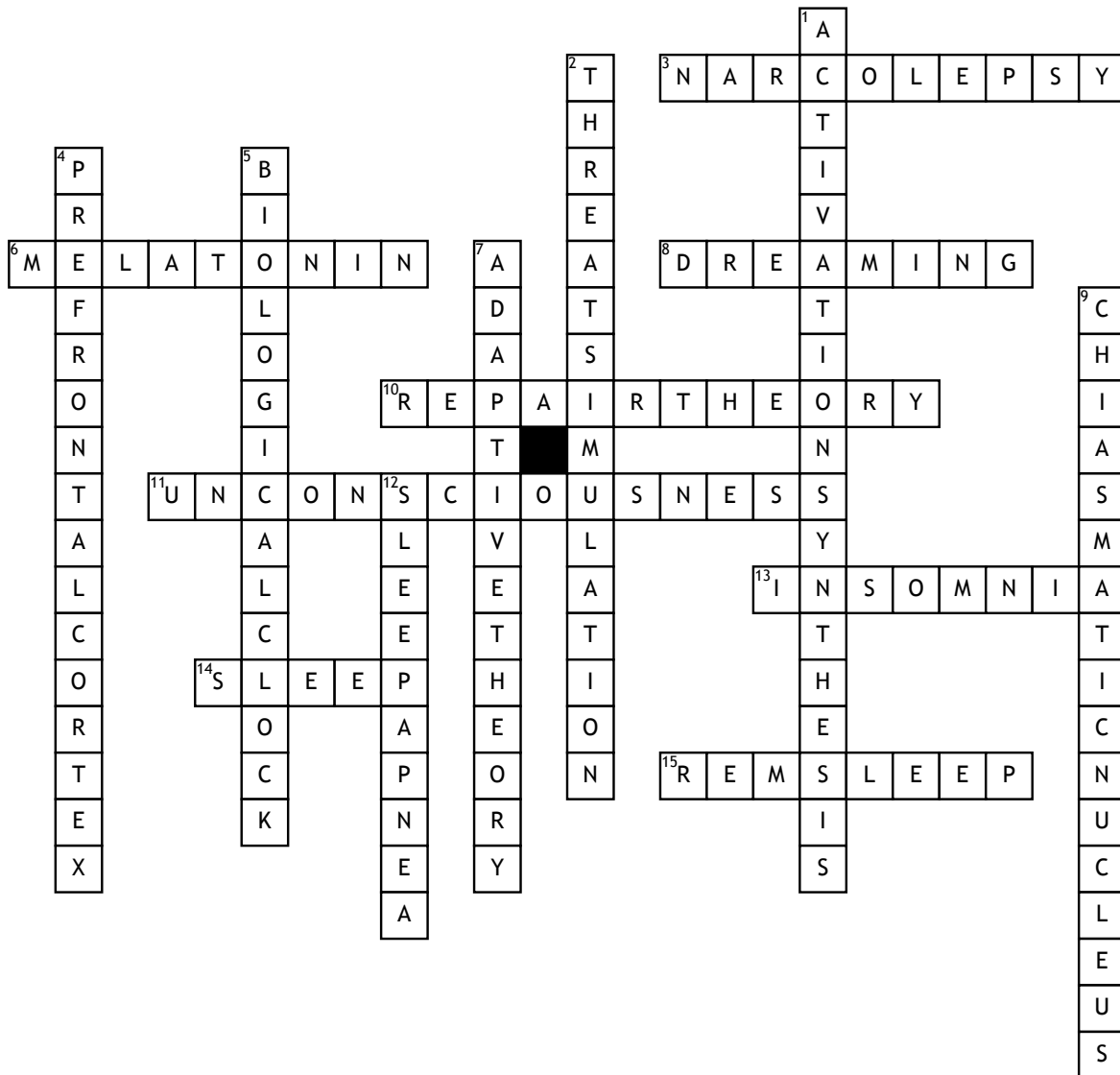


Name: _____

Date: _____

Sleep and Dreams



Across

3. chronic disorder, marked by short periods of sleep throughout the day
 6. increases with darkness, decreases with light
 8. state during sleep where you experience strange images
 10. says that sleep is a restorative process

11. total lack of responsiveness/awareness

13. difficulties in going to or staying asleep

14. Consists of five stages

15. makes up only 20% of your sleep time, associated with dreaming

Down

1. says that dreams are caused by certain brain areas being shut down

2. says that dreaming is practice for responding to threats

4. turned off during REM

5. internal timing devices

7. says that sleep to conserve energy and protect against nocturnal predators

9. regulates secretion of melatonin

12. repeated periods in which a person stops breathing while asleep