Name:	Date:
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Chapter Six Review Crossword

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Across

- **3.** Another word for the state of deep relaxation that can occur during hypnosis.
- **10.** Images, thoughts, and feelings experienced during sleep.
- **12.** Excessive sleepiness or fatigue and frequent daytime sleep.
- **13.** Relaxed state right before we fall asleep.
- **14.** The process of reliving one's very early childhood memories through hypnosis.

Down

- **1.** The increase of the number of dreams after being deprived of REM sleep.
- **2.** State of minimal consciousness in which the eyes might be open, but the person is otherwise unresponsive.
- **4.** Sleep involving partial thoughts, images, or stories that are poorly organized.
- **5.** The process of altering our biological clocks to fit a different rhythm.

- **6.** Internal chemical units that controls regular cycles in the body without outside influence.
- 7. Sequences of behavioral changes that occur every 24 hours.
- **8.** Consciousness just below our present awareness.
- **9.** Slow, lazy, deep sleep brain waves.
- 11. Sleep difficulty characterized by sleeping more than 10 hours a day for two weeks or more; includes the urge to nap at inappropriate times.