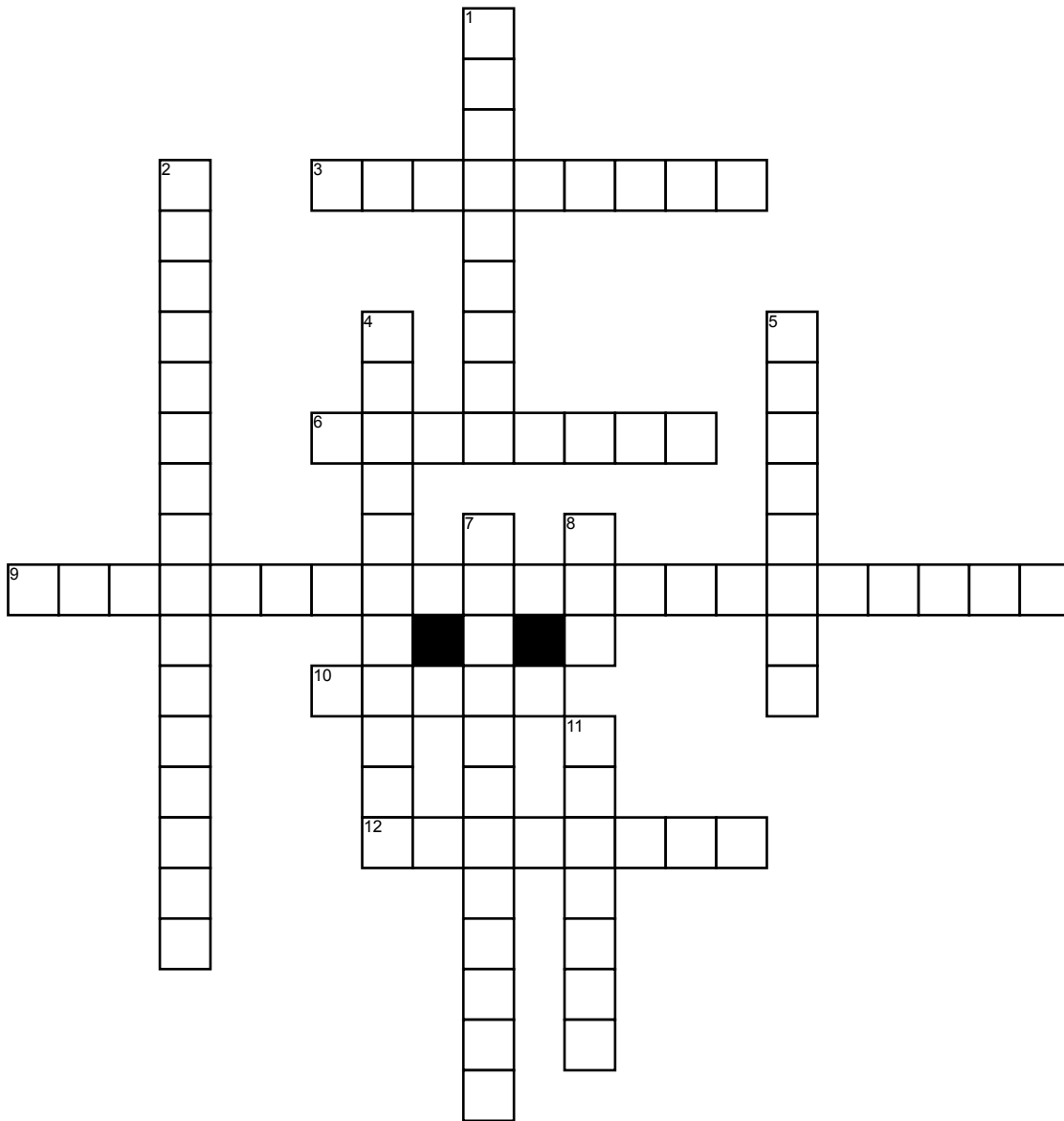


Brain Rule #3



Across

- 3. If a 30-year old person is sleep deprived for six days parts of their body chemistry soon become to that of a _____.
- 6. How much of our time on this planet is spent sleeping?
- 9. If a person is experiencing fevers, tremors, sweating, muscular jerks and tics these are symptoms of what disorder?
- 10. Attention, memory, mood quantitative skills, logical reasoning, and general knowledge can all be impacted by the amount of _____ a person gets.

12. Determines the tendency and timing of the need to go to sleep.

Down

- 1. A study done by NASA showed that a 26-minute nap reduced a flight crew's lapses in awareness by _____.
- 2. The amount of sleep needed is not a uniform answer for humans it is a _____.
- 4. Where the amount of energy consumed is less than during a similar awake period.
- 5. Maintains the duration and intensity of sleep.

7. Age, gender, whether or not you're pregnant, or whether or not you're going through puberty all can be a factor in the amount of _____.

8. The 36th president of the United States routinely closed his office door midafternoon to take a 30-minute _____.

11. Sleep hormones are at their maximum levels in the _____ brain.