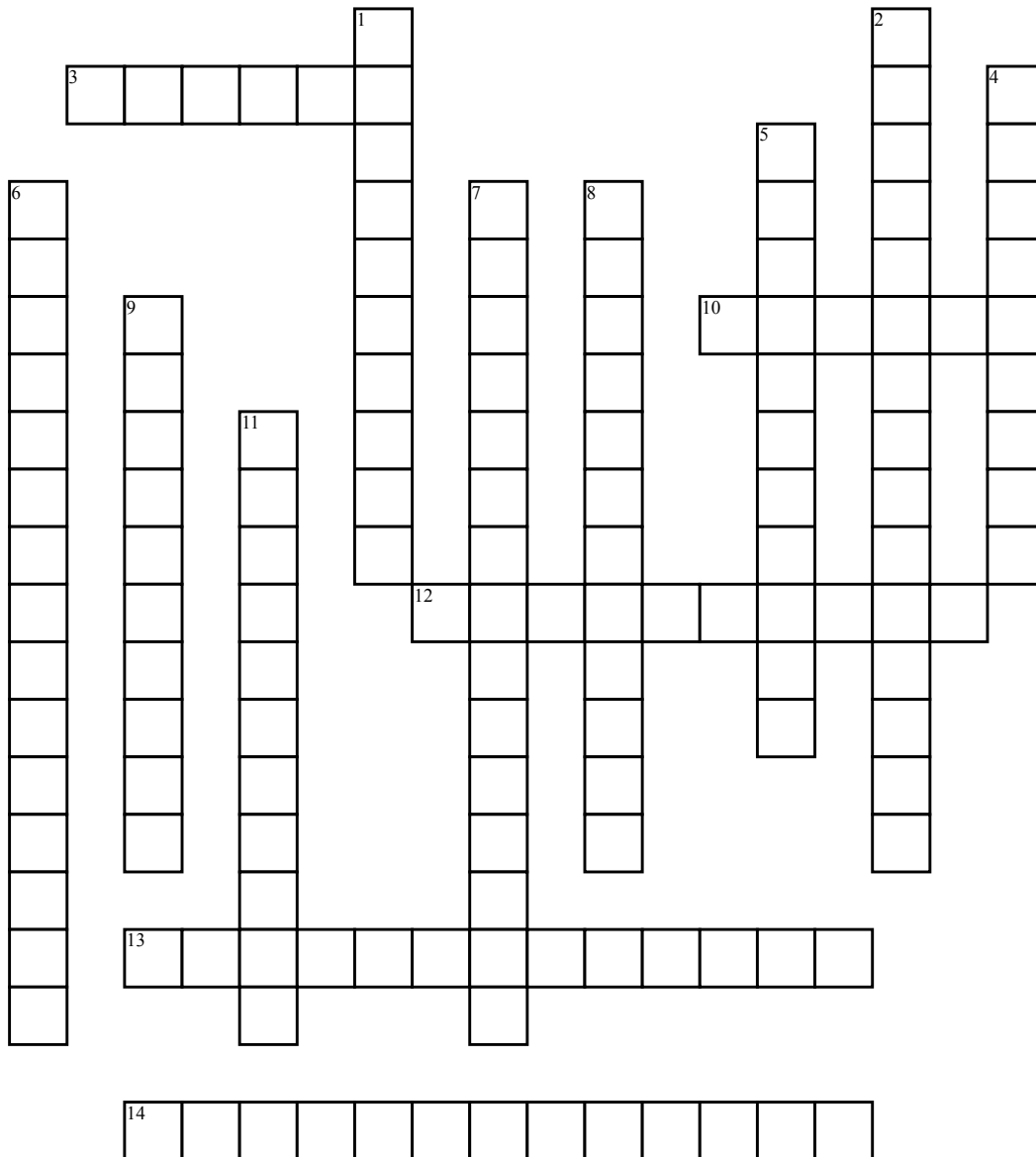


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Chapter Six Review Crossword



## 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.