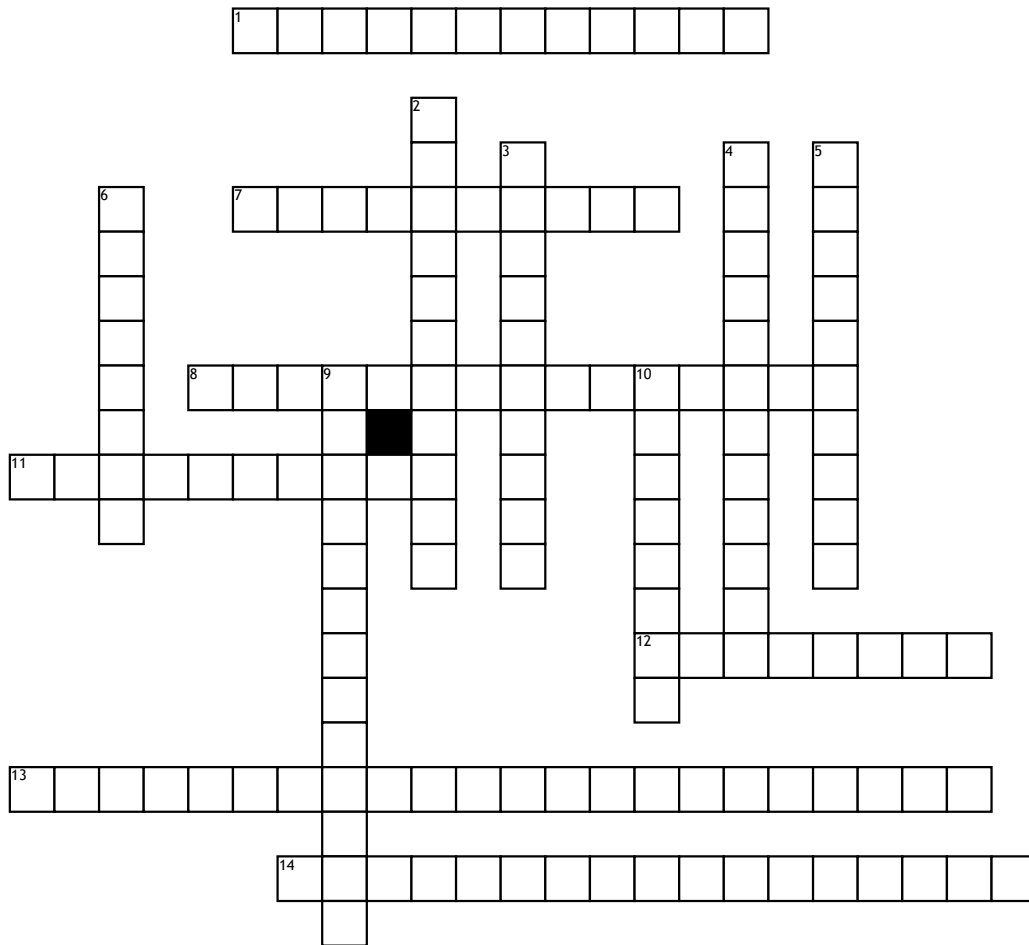


Name: \_\_\_\_\_

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

# Chcjci



## Across

1. The act of getting up while asleep

7. sleep disorder that causes overwhelming daytime drowsiness

8. biological process that displays an endogenous, entrainable oscillation of about 24 hours

11. serious sleep disorder in which breathing repeatedly stops and starts

12. inability to sleep.

13. inability in hypnotic subjects to recall events that took place while under hypnosis

14. chemical substance that changes brain function

## Down

2. process whereby electronic monitoring of a normally automatic bodily function is used to train someone to acquire voluntary control of that function

3. action or practice of meditating

4. Even scarier dreams. Involve screaming while asleep

5. Scary dreams

6. a kind of sleep that occurs at intervals during the night

9. the state of being awake

10. When a person loses voluntary control to their own body

## Word Bank

circadian rhythm

Sleep Apnea

Meditation

Sleepwalking

Insomnia

Consciousness

REM Sleep

Psychoactive Drugs

Narcolepsy

posthypnotic suggestion

Hypnosis

Nightmares

Night terrors

Biofeedback