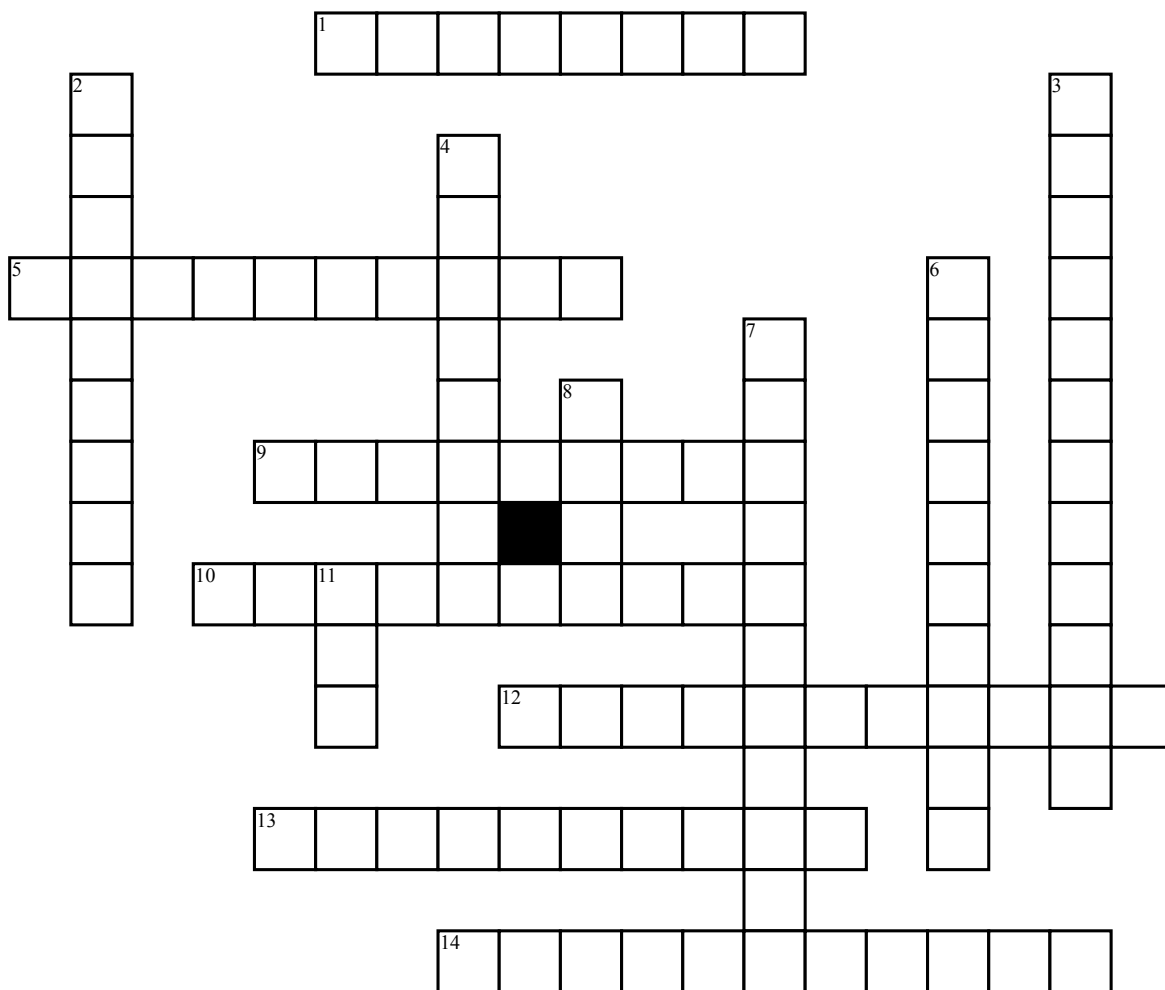


Psych Chap. 6



Across

1. the inability to get enough sleep
5. excessive tiredness; falling asleep randomly no matter the situation
9. belief in something that can't be seen or touched but seems to exist
10. sleep related disorders (night terrors, nightmares, etc.)

12. level of consciousness in which we have no direct knowledge of thoughts or desires
13. disorder in which one experiences blocked breathing during sleep
14. bad dream that occurs during NREM

Down

2. rapid brain waves; appear when person is awake
3. level of consciousness just below present awareness

4. state of relaxation in which attention is fixated on a certain thing
6. form of self-control in which the outside world is cut off
7. the process of adjusting the free-running cycle to fit a different rhythm
8. part of sleep cycle in which night terrors occur
11. part of sleep cycle in which dreaming occurs