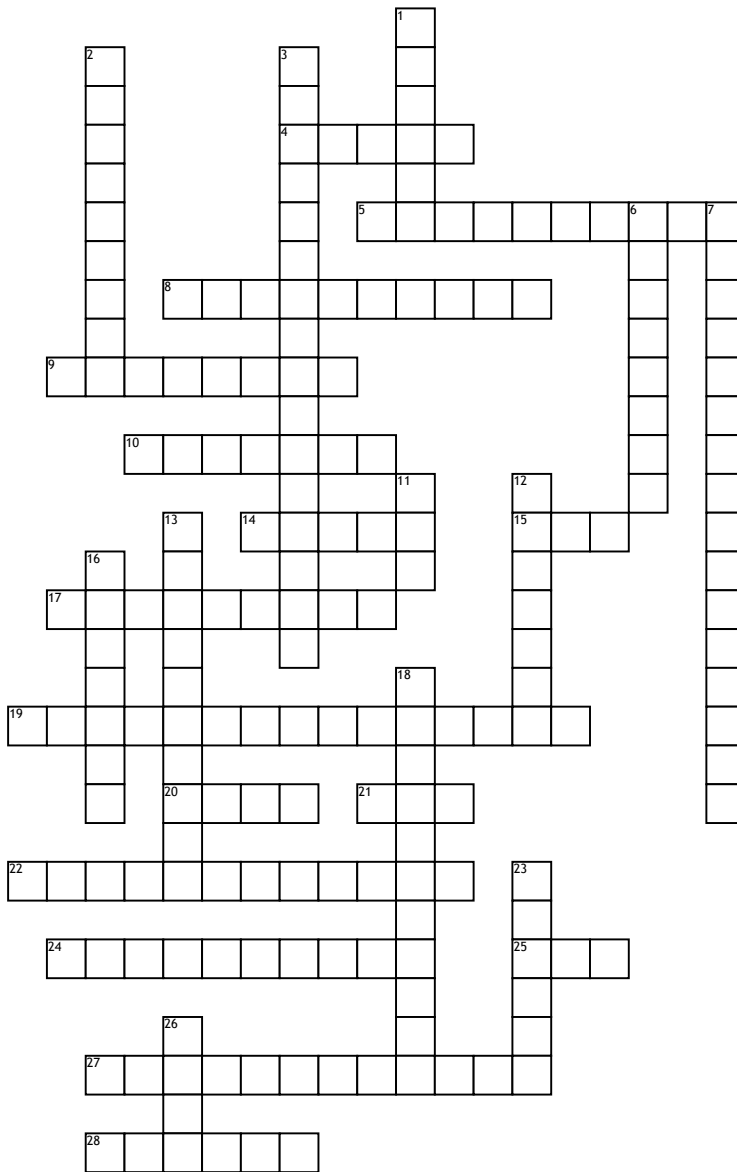


Name: \_\_\_\_\_

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

# RNSG 1430 Sleep



## Across

4. State of rest accompanied by altered consciousness and relative inactivity  
 5. Sleep disorders characterized by insomnia or excessive sleep  
 8. an uncontrollable desire to sleep  
 9. Involuntary urination: most often used to refer to a child who involuntarily urinates during the night  
 10. What stage of sleep: The person reaches the greatest depth of sleep, which is called delta sleep  
 14. absence of breathing  
 15. More difficult to arouse a person in this sleep  
 17. Normalizes sleep cycles by enabling the body supply of melatonin  
 19. full cycle every 24 hours  
 20. non-rapid eye movement

21. rapid eye movement

22. sleepwalking

24. Primary source of heat in the body

25. Obstructive sleep apnea

27. control center for involuntary activities of the body, which concern sleeping and waking.

28. Position for babies to sleep to decrease chances of SID

## Down

1. Topic to discuss with parents of a child that is sleepwalking

2. Natural chemical produced at night that decreases wakefulness and promotes sleep

3. irregular snoring and silence followed by a snort

6. Difficulty falling asleep, Most common of all sleep disorders

7. A decrease in the amount, consistency, or quality of sleep

11. Positive airway pressure: provides mild air pressure to keep airway open. May be used to treat preterm infants whose lungs have not fully developed

12. Grinding ones teeth

13. Condition in which a person experiences the absence of breathing

16. Independent nursing action to promote sleep

18. Condition characterized by excessive sleep, particularly during the day

23. Average hours an adult should receive per night

26. continuous positive airway pressure: keeps airways open