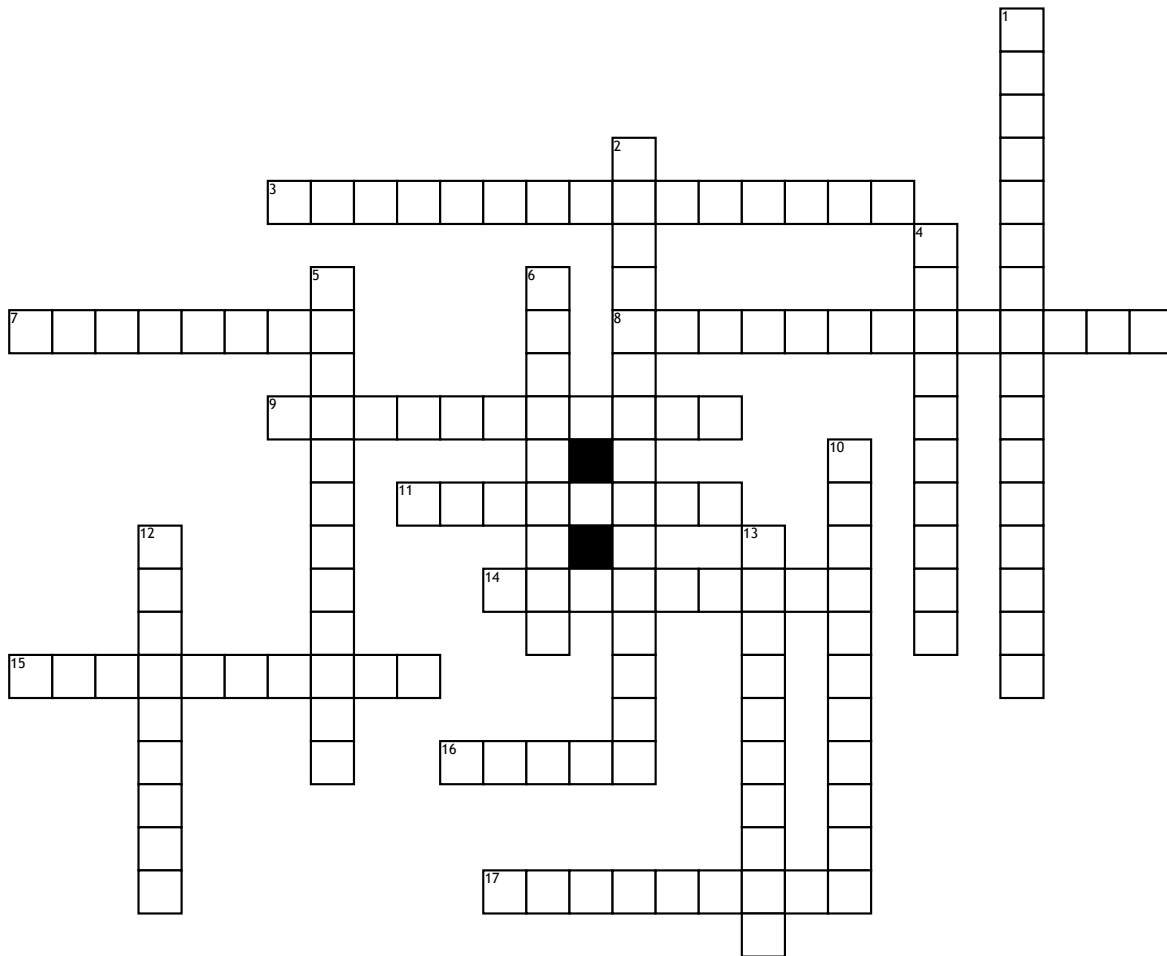


Name: _____

Date: _____

Sleep Pattern Activity



Across

- 3. an individual sleeps several time in 24-hour cycle
- 7. a person who goes to bed late
- 8. period when body is building or repairing tissue
- 9. process when body repairs itself during sleep
- 11. abnormal inability to sleep
- 14. frightening or unpleasant dream

- 15. dreamer is aware he/she is dreaming

- 16. Images that occur during REM sleep

- 17. inability to move

Down

- 1. weakest stimulus that can be distinguished

- 2. based on a 24-hour daily cycle--the body's biological clock

- 4. uncontrollable brief episode of sleep

- 5. practices that promote quality sleep

- 6. secreted hormone involved in the biological clock mechanism

- 10. biological balance in which body is functioning optimally

- 12. repeating patterns of electrical activity in brain

- 13. abnormally falls asleep when relaxed