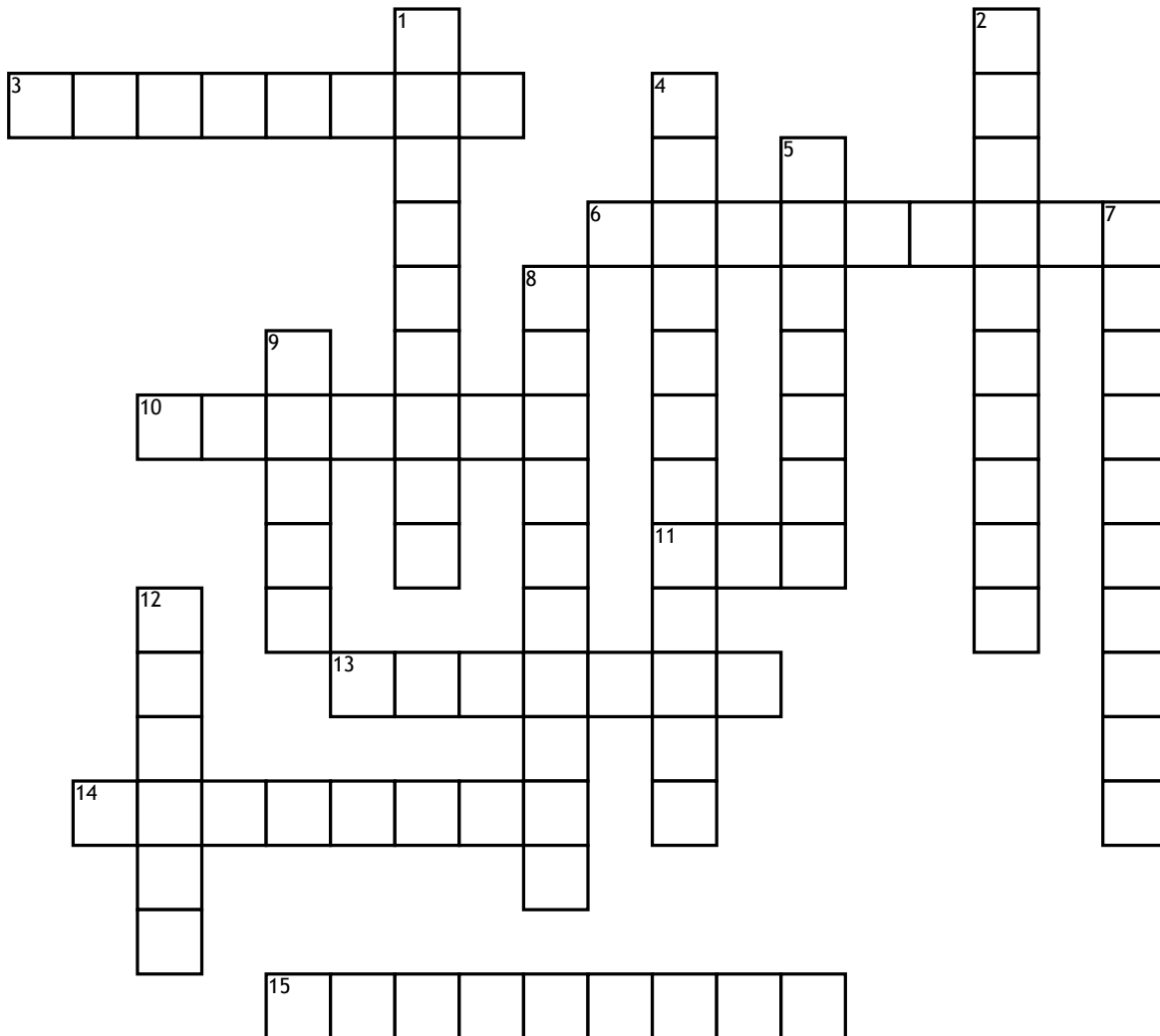


Name: \_\_\_\_\_

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

# Sleep Talk



## Across

3. Sleep disorder in which people have trouble sleeping.

6. Hormone that regulates the sleep-wake cycle.

10. Sometimes unpleasant sound that may be made during slumbering.

11. If you don't toss and turn and sleep deeply you are said to 'sleep like a \_\_\_\_'.

13. Disorder causing suffers to have trouble getting up in the morning.

14. Stimulant responsible for reducing sleepiness or disrupting sleep.

15. Type of illumination that can have a negative impact on sleep (4-5).

## Down

1. The 'rhythm' that regulates the sleep-wake cycle.

2. Technical term for sensation of falling while drifting off that causes you to jump awake (6-4).

4. Carrying out complex activities while asleep.

5. The practice of sleeping a short period outside of bedtime.

7. Disorder involving a decreased ability to regulate sleep-wake cycles that may cause brief involuntary sleep.

8. Negative or distressing thoughts, images, and sensations occurring during sleep.

9. The number of winks you are said to take in the common idiom.

12. Positive or neutral thoughts, images, and sensations occurring during sleep.