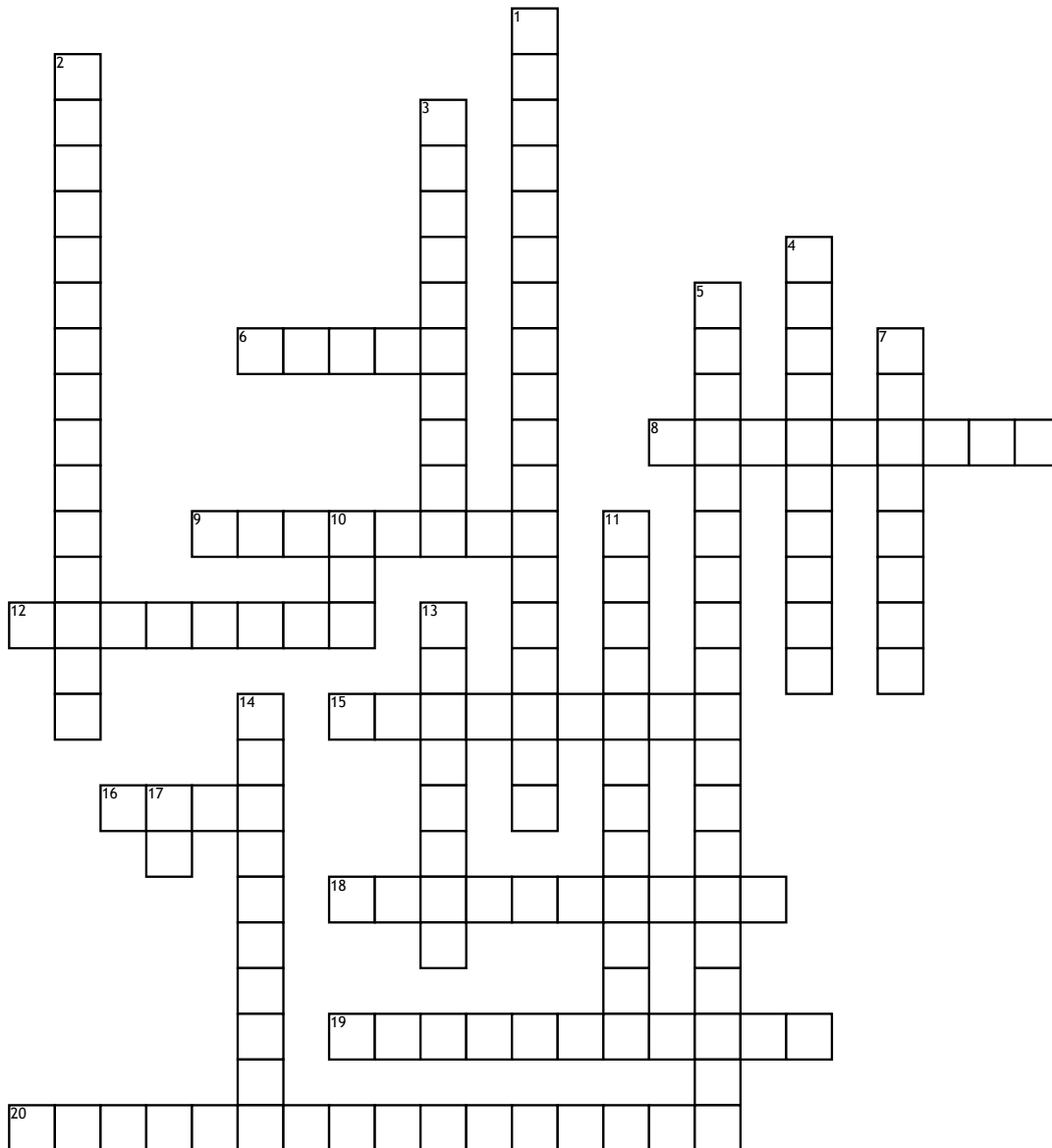


Name: _____ Date: _____ Period: _____

Sleep



Across

6. What does the hypothalamus decrease?
8. These kind of waves are produced when awake
9. During a dream this is your morals
12. What stage of sleep do you start getting theta waves
15. How long is one sleep cycle
16. How many sleep cycles do you have in a night?
18. These kind of waves are produced in stages 1,2, and 3

19. Short term and long term memory is reduced due to ?
20. R.E.M Stands for what ?

Down

1. What is released during stages 3 and 4 of sleep
2. 24 hour sleep/awake cycle
3. If woken up during this stage of sleep you will be very groggy
4. These type of waves are produced in Stages 3 & 4
5. The more you are exposed to something the more you come to like it

7. You only experience this stage once a night
10. During a dream this is your reality principle
11. What causes the pineal gland to increase during sleep?
13. What stage of sleep do you start to experience dreams
14. When you are onset of sleep you experience alpha waves
17. During a dream this is your pleasure