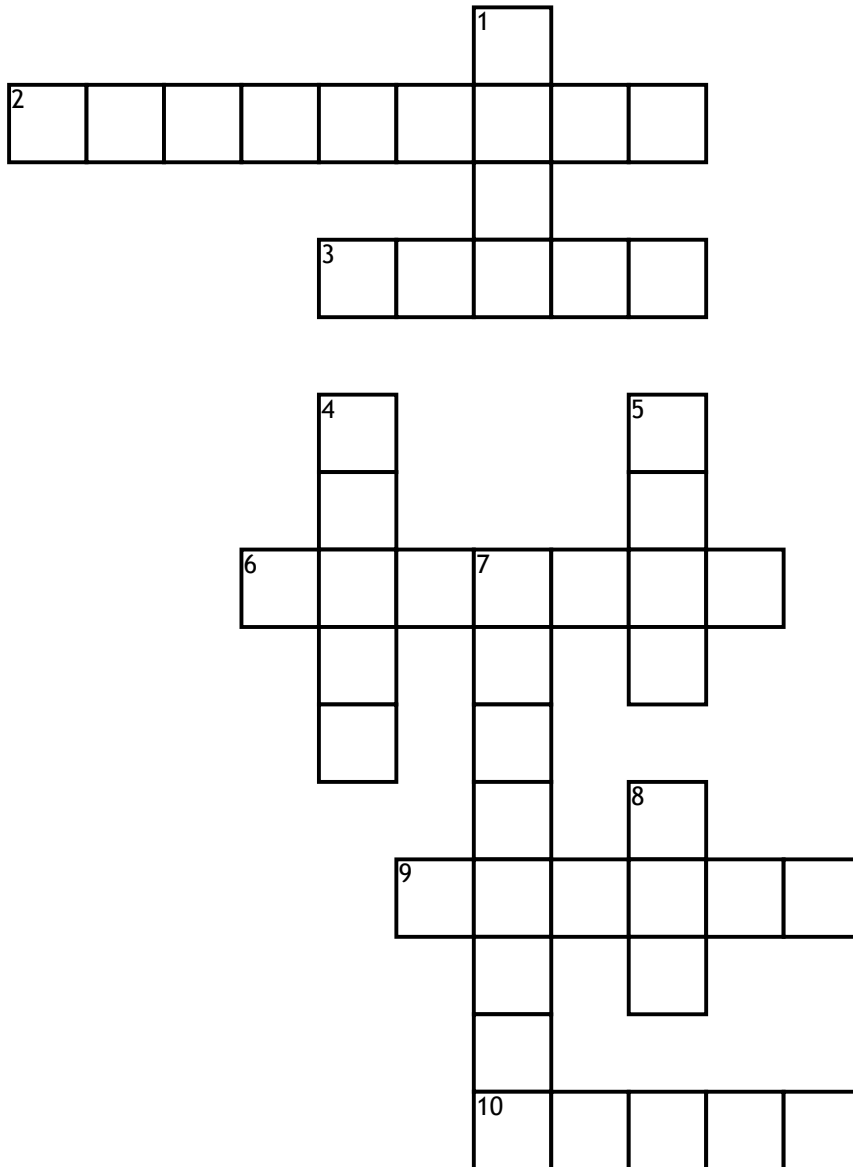


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Sleep & circadian Rhythms



## Across

2. \_\_\_\_\_ Rhythms are part of the body's internal clock, that helps us know when it's time to sleep and wake
3. Rapid-Eye-Movement sleep is the stage where we \_\_\_\_\_
6. During deep sleep, the body repairs \_\_\_\_\_, organs, and cells
9. One complete sleep cycle is \_\_\_\_\_ minutes long
10. In stages 1 and 2, sleep is \_\_\_\_\_

## Down

1. There are \_\_\_\_\_ stages in the sleep cycle
4. Aim to get 8-10 \_\_\_\_\_ of sleep each night
5. Stages 3 and 4 are characterized by \_\_\_\_\_, restful sleep
7. Our highest alertness is in the morning when \_\_\_\_\_ levels peak (a hormone)
8. Dreams are most vivid in \_\_\_\_\_ sleep