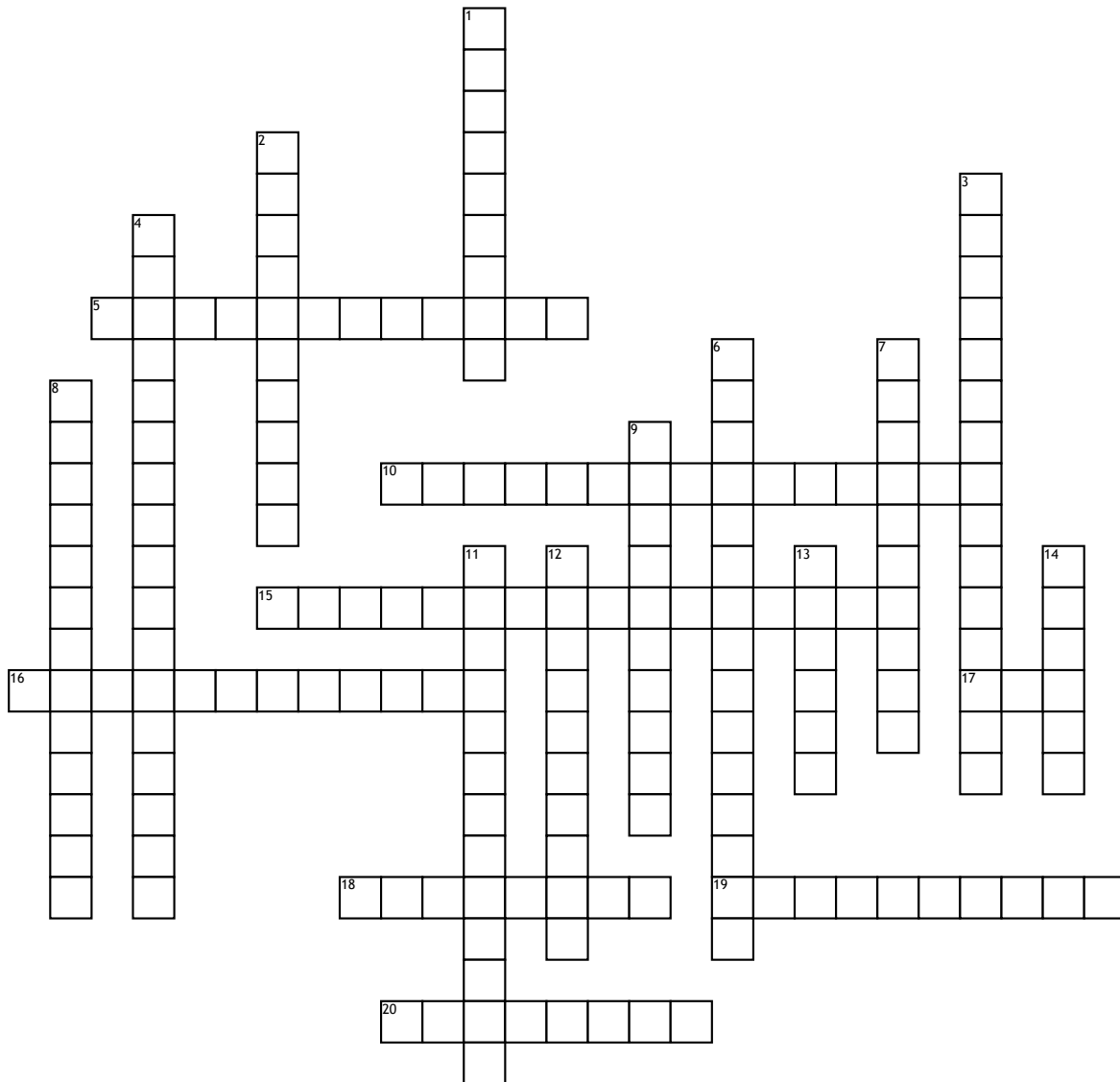


Name: _____

Date: _____

Sleep and Consciousness



Across

5. another name for sleepwalking

10. reason Freud believes we dream

15. brain is active but the voluntary muscles hardly move

16. sleep disorder characterized by high arousal and terror during deep sleep

17. used to record brain waves during sleep

18. increased pulse & breathing, eyes dart back and forth

19. sleep disorders with sudden collapse into REM sleep

20. sleep disorder characterized by problems falling asleep or staying awake

Down

1. pineal gland produces this hormone when light lessens

2. slow brain wave activity associated with deep sleep

3. actual content in a dream according to Freud

4. hibernation, sleep-wake cycle, menstrual cycle, seasonal affective disorder are examples

6. the actual content of a dream according to Freud

7. stop breathing numerous times during sleep

8. characteristic of sleep onset

9. occur when you are relaxed, but not asleep

11. awareness of one's self and the environment

12. usually occur during REM sleep

13. causes a disruption in circadian rhythm

14. deep sleep with delta waves