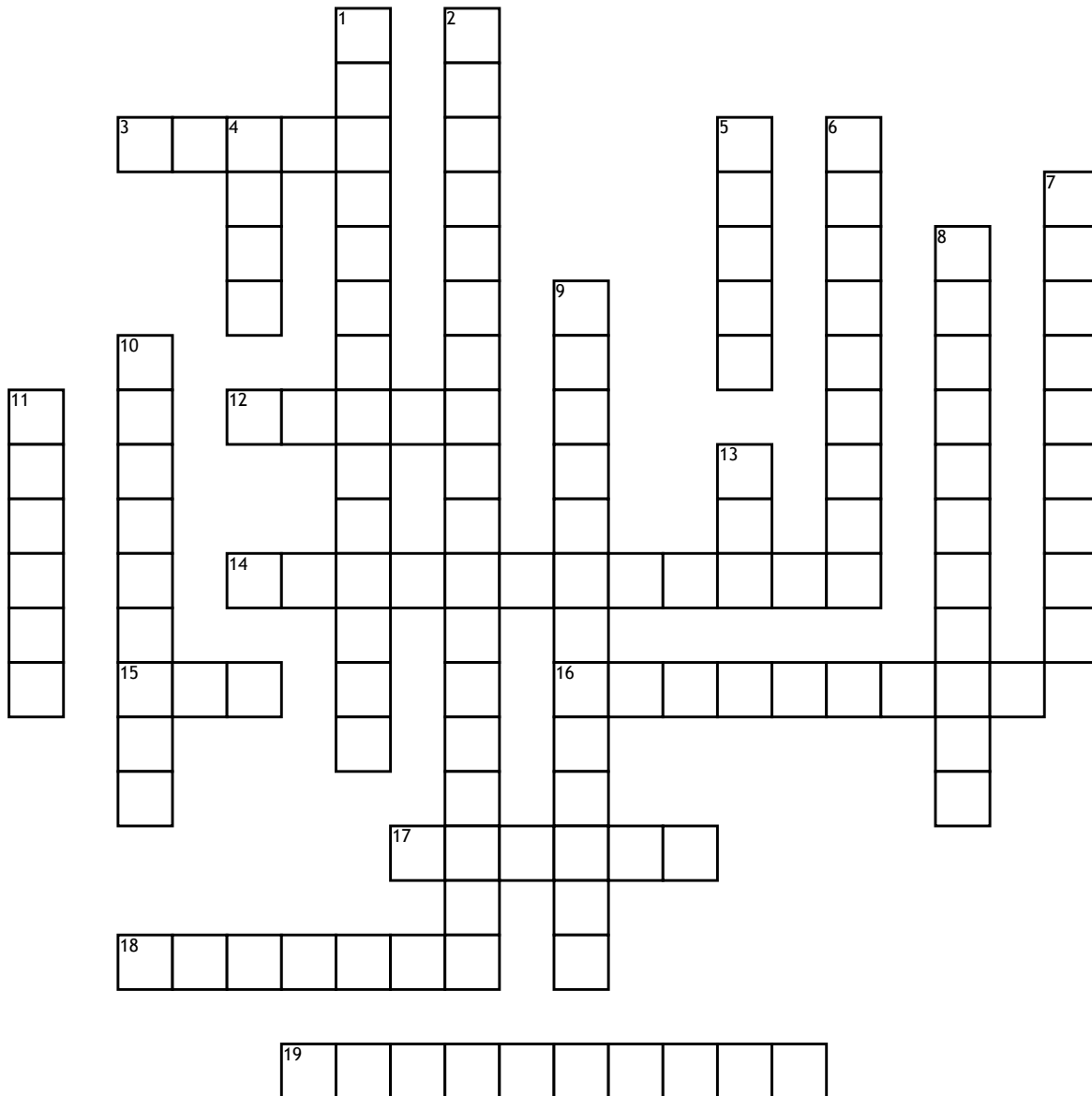


Name: _____

Date: _____

Sleep and Dreaming 1



Across

3. the percentage of time adults approximately spend in stage 2 of the sleep cycle

12. extremely slow brain waves occurring in stage 3 of the sleep cycle

14. a part of the brain that controls a number of key bodily functions

15. a part of the brain that regulates circadian (24 hour) rhythms

16. the pineal gland is an gland.

17. the number of minutes per sleep cycle.

18. A brain that functions normally is a brain.

19. pacemakers. Internal biological clocks that manage bodily rhythms.

Down

1. returning the body to a normal healthy state

2. feeling formal and psychologically healthy

4. the number of stages in a sleep cycle

5. is an exogenous zeitgeber.

6. zeitgebers. Features of the environment - either physical or social - that help to manage bodily rhythms.

7. One key thing that the SCN does is delay the release of a hormone called until it is dark.

8. A type of insomnia

9. a type of sleep where brain activity is slow

10. sleep is a behaviour.

11. the percentage of time adults approximately spend in REM stage of the sleep cycle

13. A stage at the end of the sleep cycle where sleepers' eye jerk and brain activity is high, leading to more dreaming in this stage than others.