

Name: _____

Date: _____

Sleep and Dreams

C Z N I G H T M A R E S L N F P T
H C N S Y M C E E J A B K S E E L
N L N E P A J R K H O L I E Q I F
M U U G H E X N V M P G L A K Y W
U C J A D R T A V X M S P K N V T
X I R T N D A W O U L E P P G G A
J D Z S U O C T N A E C Z F O O C
Z D J E E L O D C L Q I H J S D W
Q R T V M G F I S R P R J L X E C
I E R I C R X M G L P Q E Q C N U
P A L F E O E F S K B E A E I G J
Y M M U D R M R D B P W J C T J X
F S D A N R R O E U G I Z U G M D
Y L R X S T A N J W O D M Q P W I
B A I C Y Q M X Z Y U Y A T U K O
P N Y L X K G B M X D O C C G X C
S L E E P S P I N D L E S Q R Z J

paradoxical sleep

Sleep spindles

Sigmund Freud

Lucid dreams

Five Stages

nightmares

REM Sleep

Sleep

Dream

NREM