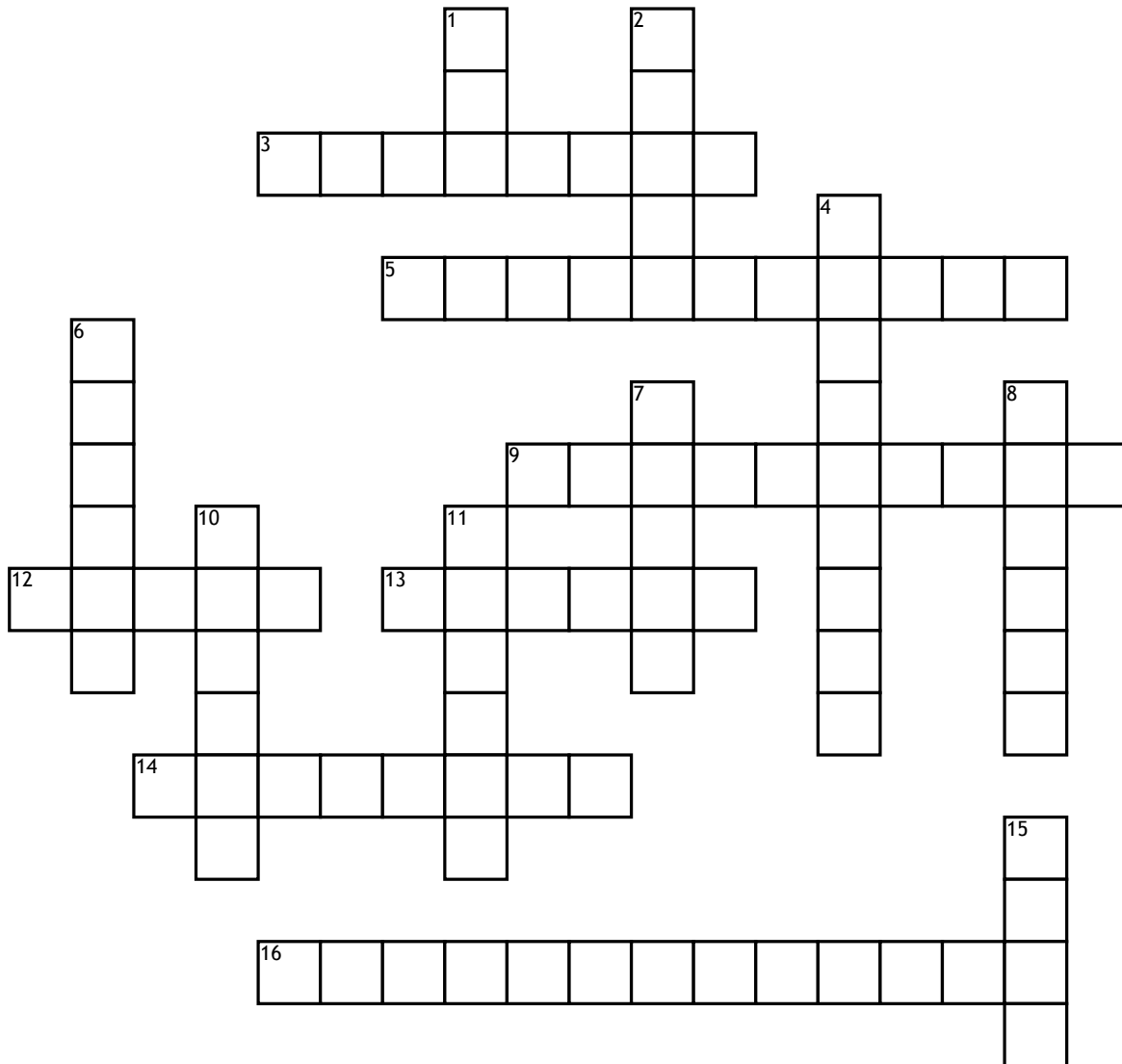


Sleepin' & Dreamin'



Across

3. sleep facilitates the release of growth of
 5. another name for REM sleep.
 9. awake but brain waves slow down
 12. the deepest stage of sleep.
 13. deepest stage of sleep and the hardest stage from which to awaken someone where Delta waves abound and the brain is still tuned to the outside.
 14. after about 90 minutes from falling asleep you climb back up through the 4 stages and enter into this sleep.

16. Hobson's thoughts that dreams are the result of a specific process.

Down

1. rapid eye movement.
 2. theory of the mental iceberg.
 4. our body's natural rhythm synchronized with the 24 hr cycle of day and night.
 6. transition period into stage 4 Delta waves are produced.
 7. this helps replace body and brain tissue and make neural connections and facilitates the release of growth hormones for development.

8. theory of activation-synthesis.

10. light sleep which lasts only minutes brain waves slow further and hallucinations are produced.
 11. about 20 minutes long you are clearly asleep and there are bursts of brain activity (called sleep spindles).
 15. sends out PGO waves as a person enters into the dream state.