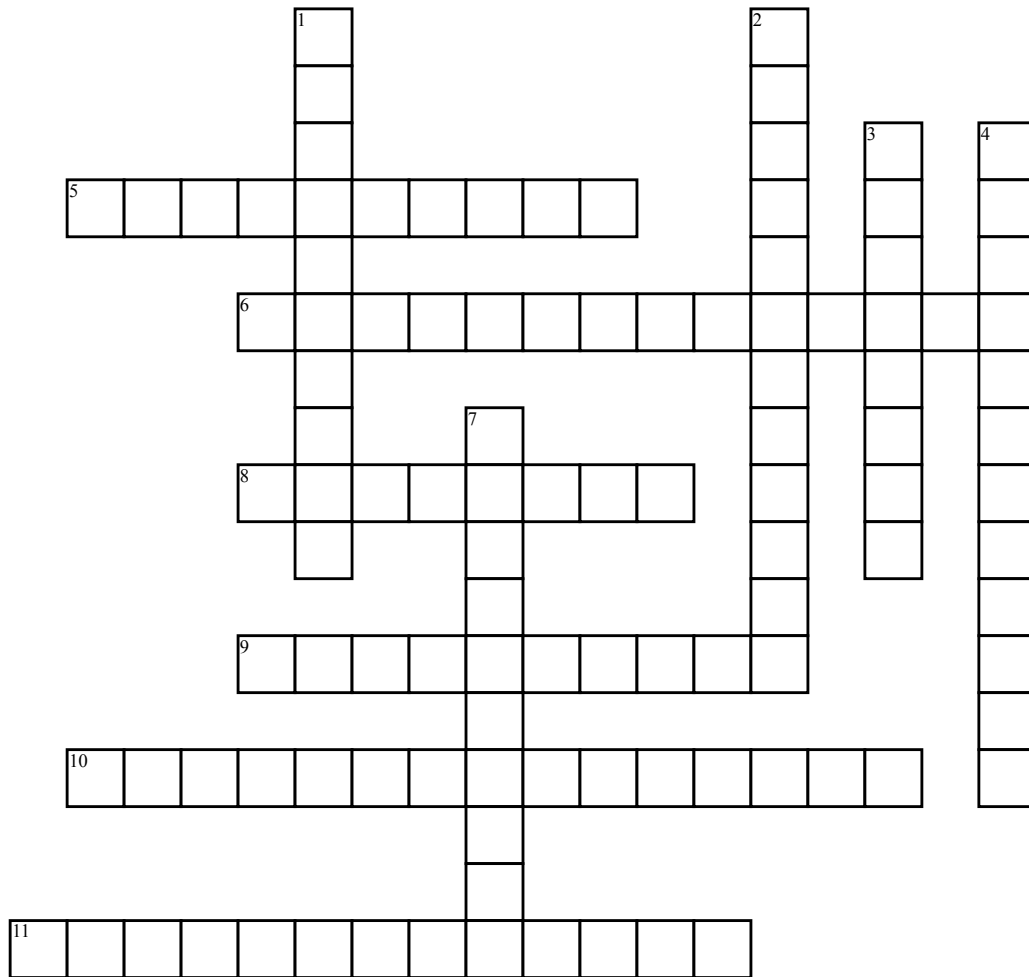


Name: \_\_\_\_\_

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

# states of consciousness



## Across

5. The tendency for REM sleep to increase following REM sleep deprivation
6. False sensory experiences, such as seeing things that aren't actually there
8. This is rapid eye movements; vivid dreams commonly occur at this stage
9. The large, slow Brain waves associated with deep sleep
10. Regular bodily Rhythms that occur on a 24 hour cycle
11. Our awareness of ourselves & our environment

## Down

1. A sleep disorder characterized by temporary cessation's of breathing during sleep and repeated momentary awakenings
2. A sleep disorder characterized by high arousal and an appearance of being terrified, unlike nightmares
3. Problems in falling or staying asleep
4. A split in consciousness, which allows some thoughts/behaviors to occur simultaneously with others
7. Slow brain waves of a relaxed, awake state

## Word Bank

Insomnia	REM rebound	Hallucinations	Dissociation
Consciousness	Sleep Apnea	Delta waves	Night terrors
Alpha waves	Circadianrhythm	REM sleep	