

Name: _____

Date: _____

Insomnia Disorders and Medications

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

Restless legs syndrome
Antidepressants
Parasomnias
Flurazepam
Insomnia
Fatigue
Sonata

Rapid Eye Movement
Hypersomnolence
Sleep Apnea
Estazolam
Benadryl
Silenor
Ambien

Circadian rhythm
Sleep Quality
Narcolepsy
Melatonin
Restoril
Lunesta
Unisom