

Name: _____

Date: _____

Rhythms of Sleep

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

Paradoxical sleep

Sleep spindles

Fourth stage

Second stage

Alpha waves

Brain waves

Delta waves

First stage

Third stage

NREM

EEG

REM