

Name: _____

Date: _____

Sleep Word search

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

Low wave frequency

Norepinephrine

Immune system

Desynchrony

Adenosine

Dormancy

Repair

Growth hormones

Consciousness

Hibernation

Brain stem

Serotonin

Spindles

sleep

High amplitude

Acetylcholine

Alpha waves

Melatonin

Bed time

Snoring