

Name: _____

Date: _____

Sleep and Addiction

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

neurotransmitter
circadian
meditate
lethargy
fatigue
cycle

environment
melatonin
caffeine
recovery
relapse
brain

depression
treatment
exercise
insomnia
dreams
rem

nightmares
dopamine
sobriety
restful
oxygen