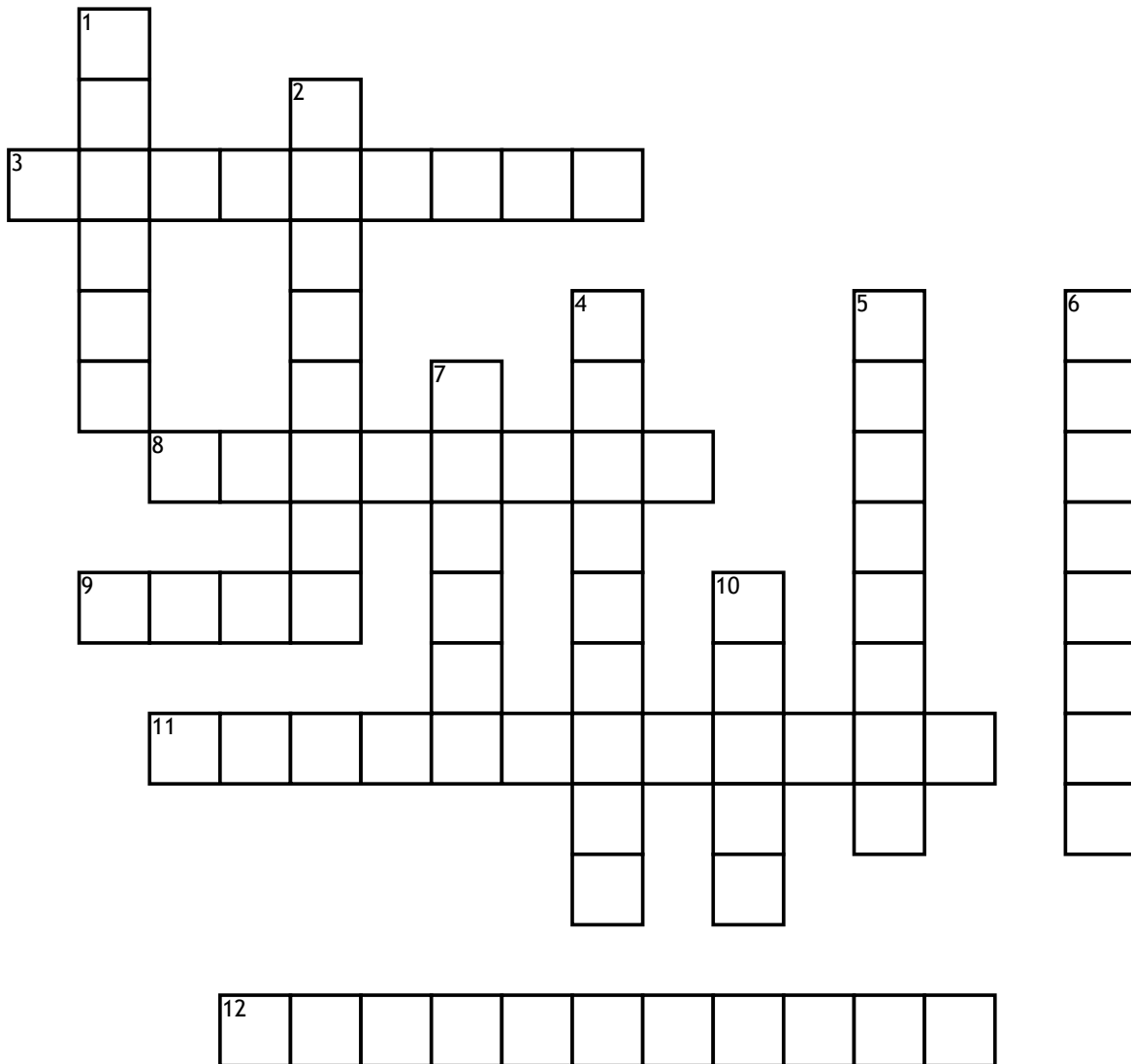


Name: \_\_\_\_\_

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

# Sleep



## Across

3. \_\_\_\_\_ rhythm refers to our natural sleep/wake cycle
8. Requires more sleep than adults
9. how many different stages of sleep does an individual go through?
11. a word meaning too much sleep

12. sleep is very important to a child's \_\_\_\_\_

## Down

1. inefficient sleep can result in \_\_\_\_\_ gain
2. many americans use \_\_\_\_\_ to stay awake.
4. \_\_\_\_\_ need 8-10 hours of sleep per day
5. \_\_\_\_\_ need 14-17 hours of sleep per day
6. insomnia and sleep apnea are examples of a sleeping \_\_\_\_\_
7. \_\_\_\_\_ need between 7-9 hours of sleep per night
10. REM stands for \_\_\_\_\_ eye movement