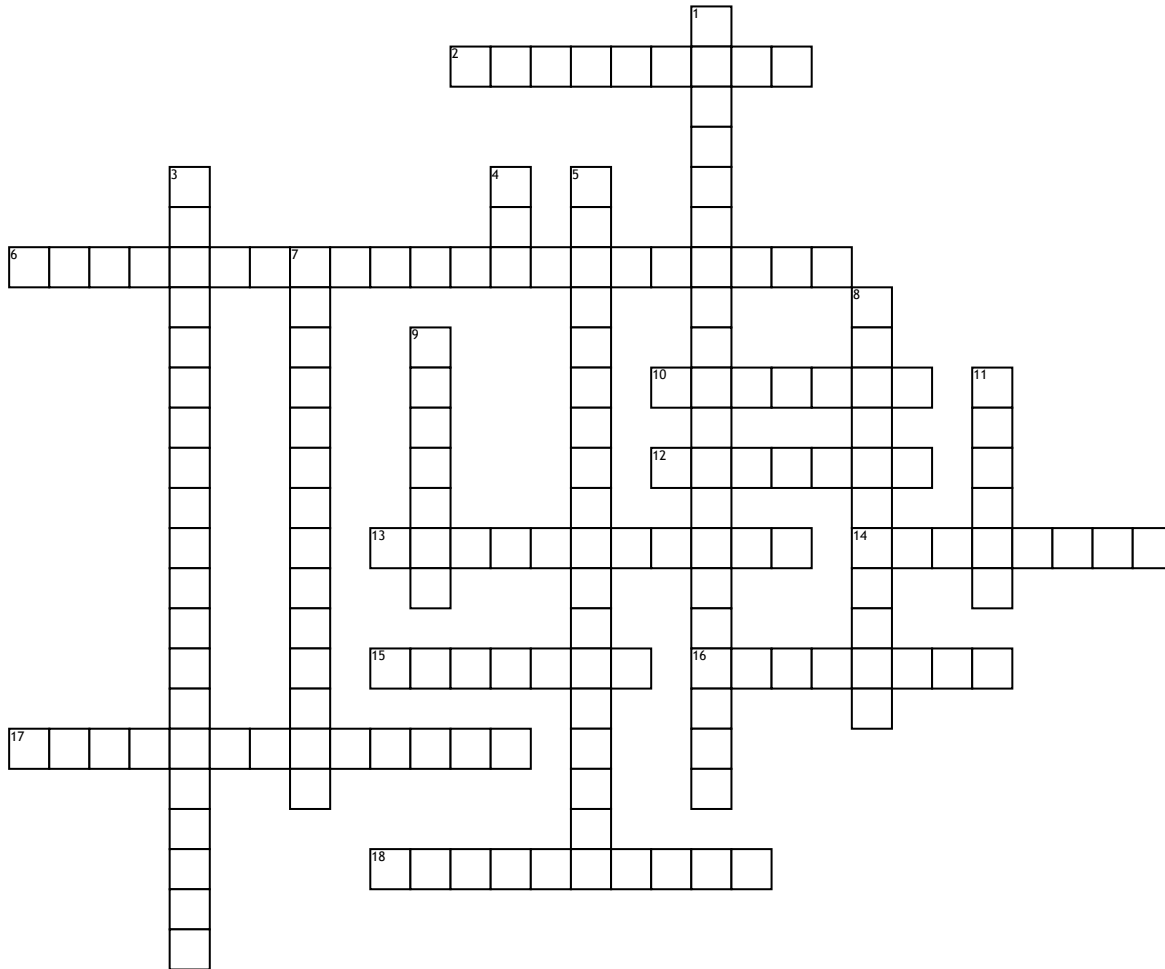


Sleep



Across

2. the sleeping brain functions in a _____ manner from the waking brain

6. method of tensing individual muscle groups then releasing to relax

10. the sleeping brain is not a _____ brain?

12. the process of falling asleep is what?

13. method involving focusing on visual or auditory stimulus that changes in proportion to the tension in your muscles

14. sometimes hormonal changes cause a later sleep time. This school start time is too blame

15. temporal control means establishing a regular and _____ sleep schedule?

16. what percentage of teens had serious sleep problems in a Stanford University study?

17. healthy lifestyle habits, including sleep, can do this for depression

18. the activity and work of the sleeping brain are _____

Down

1. method of focusing on the physical sensations of breathing to help you fall asleep

3. method of focusing on staying awake with the goal of falling asleep easier

4. stimulus-control treatment tries to make the bedroom environment function as a what for sleep?

5. what prevents severe daytime sleepiness, helps you fall asleep easier, and makes you more alert during the day?

7. method of relaxing by repeatedly suggesting that your arms and legs feel heavy and warm

8. providing the growing brain with sufficient sleep is necessary for developing the ability to what?

9. social pressures can cause what kind of sleep problems?

11. also providing the growing brain with sufficient sleep is necessary for developing an _____ temperament