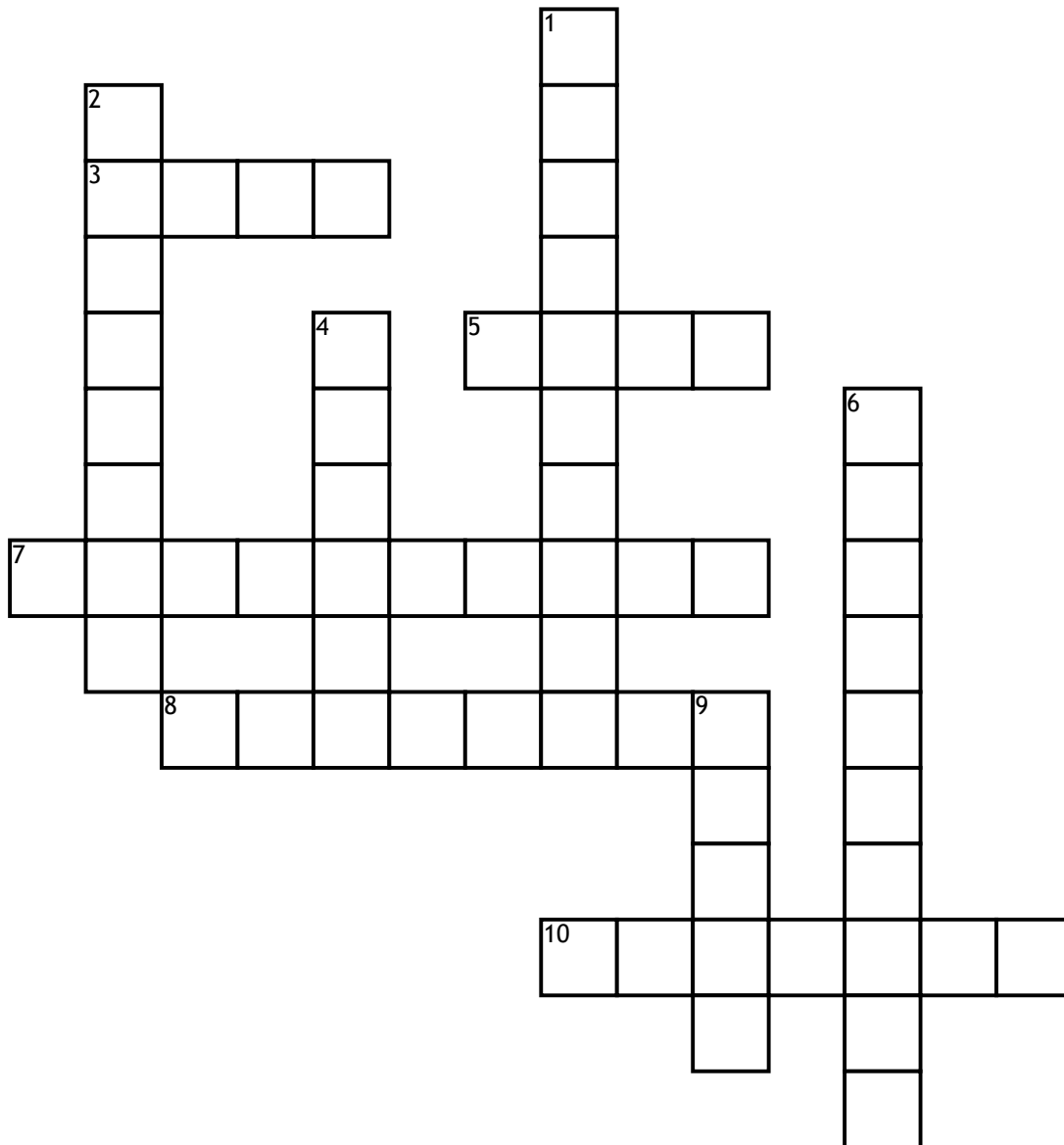


Name: _____

The biopsychology of sleep crossword!



Across

3. If someone sleeps more than _____ hours a night then this is considered too much
5. Sleep deprivation can put someone at risk for getting ____ blood pressure
7. A temporary episode of sleep or drowsiness that can last up to 30 seconds where an individual becomes unconscious as a result of too little sleep
8. A condition that could occur as a result of too little sleep in which the body's ability to produce or respond to the hormone insulin is impaired
10. A condition of having excess body weight which may result from too much sleep

Down

1. Cognitive _____ can occur as a result of too little sleep and is a slight but noticeable and measurable decline in cognitive abilities
2. Difficulty in falling or staying asleep
4. Obstructive sleep _____ can disturb an individual's sleep and is a sleep disorder that causes breathing to repeatedly stop and start during sleep
6. A mood disorder that could occur as a result of too much or too little sleep which causes a persistent feeling of sadness and loss of interest
9. If someone sleeps less than _____ hours a night then this is considered too little