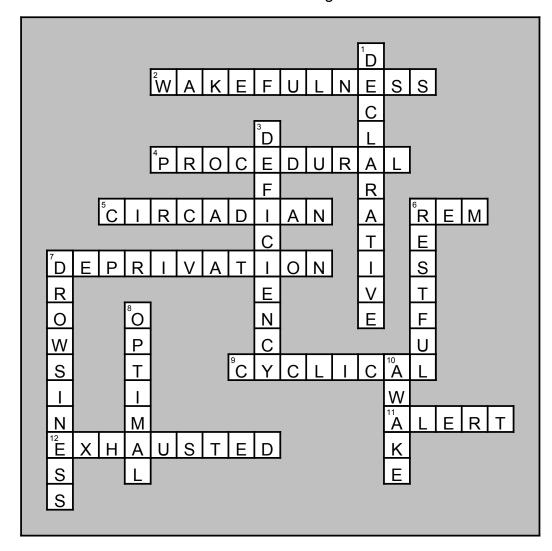
## **Sleep Vocabulary Crossword**

Solve the crossword using the list of words and the clues.



declarative

awake

drowsiness

procedural

restful

optimal

wakefulness

alert

cyclical

circadian

**REM** 

exhausted

deficiency

deprivation

## <u>Across</u>

- 2. a condition of being fully conscious
- 4. a type of memory that reminds you of how to do something
- 5. \_\_\_\_ rhythm-- the natural cycle of time awake and sleeping (also called the biological clock)
- 6. initials (first letters of words) for a sleep stage showing rapid eye movement
- 7. not getting (enough of) something that is needed
- 9. happening over and over
- 11. able to pay attention
- 12. extremely tired

## <u>Down</u>

- 1. a type of memory that stores information
- 3. a shortage of something
- 6. relaxing, non-stressful
- 7. sleepiness
- 8. the best
- 10. not asleep