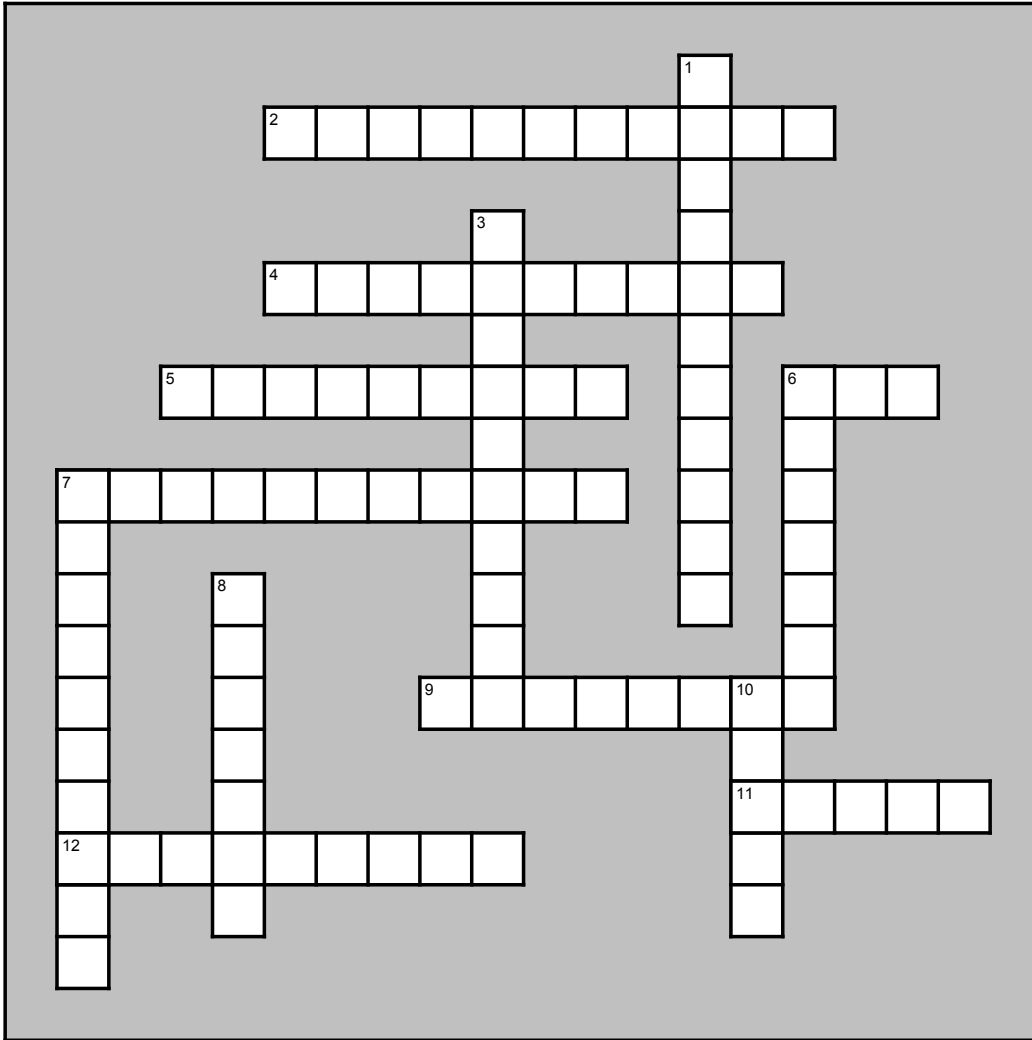


Sleep Vocabulary Crossword

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

Across

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

Down

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