SLEEP Crossword

Across
1. All persons have __________ clocks that synchronize their sleep cycles.
4. This is a symptom characterized by chronic difficulty falling asleep, frequent awakenings from sleep, and/or a short sleep or nonrestorative sleep.
7. By age 2 usually sleep through the night and take daily naps.
9. Sleep ________ Prolonged decrease in the amount, quality and consistency of sleep.
11. The most disruptive factor to sleep.
13. This stage of sleep has vivid full-colored dreaming and it is very difficult to arouse the sleeper.
14. Sleep about 16-20 hours a day.
16. Sleep problems that are more common in children than in adults.
17. Sleep ________ is a disorder characterized by the lack of airflow through the nose and mouth for periods of 10 seconds or longer during sleep.

Down
1. Drugs of choice for insomnia-side effects can include drowsiness, dizziness, confusion, slurred speech, mild amnesia, and respiratory depression.
2. Sleep ________ is an important tool used to determine client's sleep patterns, factors affecting their sleep.
3. A sign/symptom of sleep deprivation.
5. Medication producing a calming/soothing effect by decreasing CNS activity.
6. The need to urinate at night which disrupts sleep.
8. Medications which decrease anxiety.
10. The most familiar rhythm is the 24-hr, day-night rhythm known as the diurnal or ________ rhythm.
12. Presleep sleepiness, stage 1.
15. The American Academy of Pediatrics recommends that infants be placed in this position for sleeping.

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