

Name: _____



Science of Sleep

Complete the crossword below

Created on TheTeachersCorner.net Crossword Maker

Across

3. The scientific term for dreaming sleep is _____ (3 words)
6. A common sleep mistake is watching _____ in bed
7. A shift in the body clock that makes you want to go to bed late and get up late (2 words)
9. Difficulty going to sleep or staying asleep
11. If you are having trouble sleeping, it is important to talk to your _____
13. Televisions, computer screens and smartphones all emit _____ which is alerting for the brain and makes it hard to go to sleep (2 words)
15. An ingredient found in some drinks that keeps you awake
18. Behaviours or practices that encourage you to get enough sleep and allow you to sleep well (2 words)
19. Moving around the house while asleep is called 'sleep _____'
20. Name given to a type of sleep disorder that include sleep walking, sleep talking, night terrors and bedwetting as examples

Down

1. Regular jerking or twitching of the legs during the night (3 words)
2. Hormone that controls the body clock
4. Another word for bad dreams
5. Another word for grinding your teeth during the night
8. _____ can help reset the body clock
10. Disorder of extreme sleepiness. Sufferers might fall asleep while eating, laughing or talking
12. Our body clocks work best when we have a regular sleep _____
14. Sleep _____ can give away all your secrets
16. Caused by a blockage in the throat or nose during sleep.
17. _____ is as important as diet and exercise for a healthy mind and body