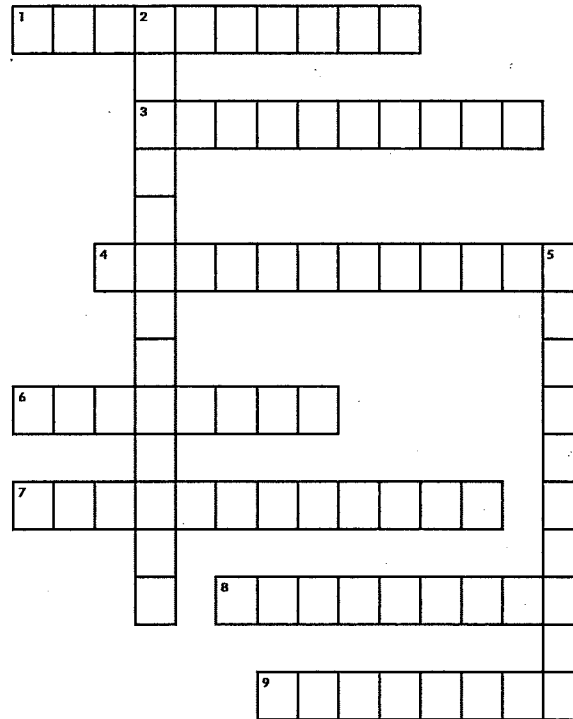


**Vocabulary
Activity**

7-1

Sleep and Dreams

Directions: Use the following clues to complete the puzzle below, then answer the question in the space provided.



ACROSS

1. a sleep disorder in which someone falls asleep suddenly during the day
3. frightening dreams
4. sleep disruptions during Stage IV sleep involving screaming, panic, or confusion
6. the stage of sleep during which dreaming occurs
7. walking or carrying out behaviors while asleep
8. the rhythm set by a biological clock that regulates physiological processes
9. a prolonged inability to get enough sleep

DOWN

2. a state of awareness
5. a sleep disorder that causes frequent interruption in breathing

Directions: Answer the following question in the space provided.

10. Why do we dream?
