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Sleep and Dreams

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| **Across****3.** chronic disorder, marked by short periods of sleep throughout the day**6.**  increases with darkness, decreases with light**8.** state during sleep where you experience strange images**10.** says that sleep is a restorative process**11.**  total lack of responsiveness/awareness**13.** difficulties in going to or staying asleep**14.** Consists of five stages **15.** makes up only 20% of your sleep time, associated with dreaming | **Down****1.** says that dreams are caused by certain brain areas being shut down**2.** says that dreaming is practice for responding to threats**4.** turned off during REM**5.** internal timing devices **7.** says that sleep to conserve energy and protect against nocturnal predators**9.**  regulates secretion of melatonin**12.** repeated periods in which a person stops breathing while asleep |