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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 |