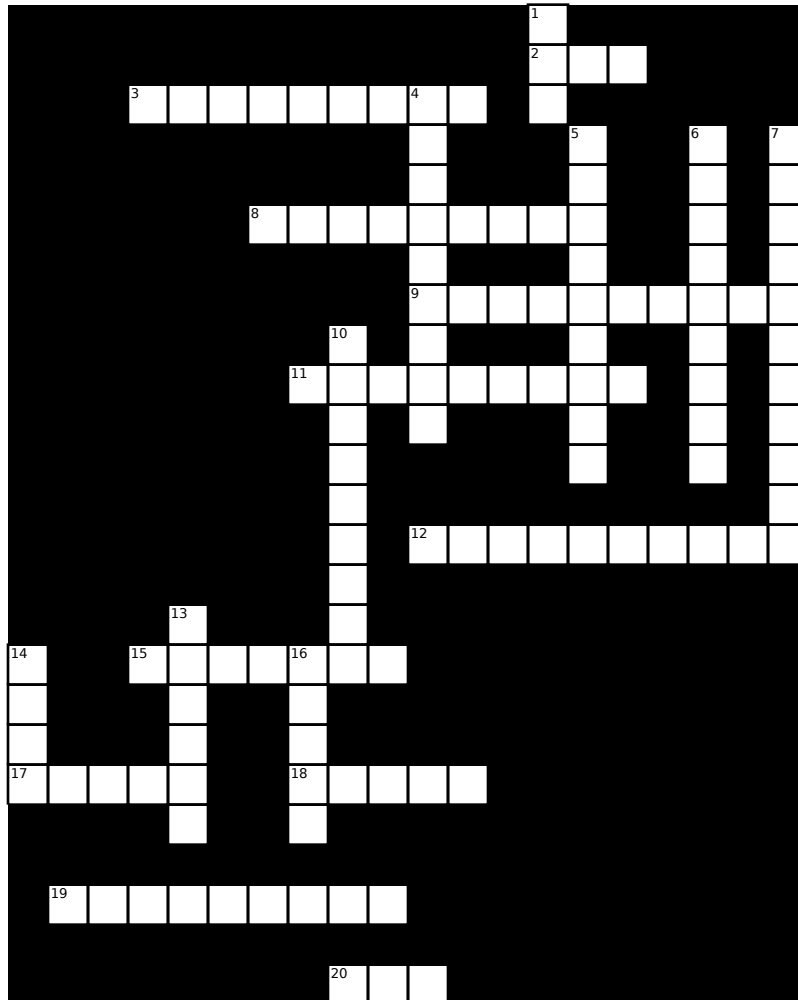


U4 AOS 1

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- Across
- 2 a device that measures the electrical activity of muscles.
 - 3 the rate of brain wave activity.
 - 8 emotional symptoms of sleep deprivation.
 - 9 a group of sleep disorders that make it difficult to go to sleep or remain asleep.
 - 11 a sleep inducing hormone.
 - 12 environmental cues which regulate sleep-wake cycles.
 - 15 a level of attention that enables people to perform two or more activities simultaneously.
 - 17 a type of brain wave that typically occurs during a calm, relaxed state.
 - 18 a type of brain wave that generally occurs during a variety of altered states of consciousness e.g. a meditative state.
 - 19 a recurrent biological cycle that is repeated during a 24-hour period.
 - 20 an area of the hypothalamus which acts like an internal body clock.

- Down
- 1 a type of sleep in which the brain is highly active, whilst the body is inactive.
 - 4 a biological rhythm that spans 24 hours.
 - 5 a waste product that accumulates on the brain over the course of the day that helps induce sleep.
 - 6 the size of the peaks and troughs from brain wave activity.
 - 7 a group of sleep disorders that disrupt sleep due to inappropriate psychological or physiological activity.
 - 10 a level of attention that results in the focus of one stimulus to the exclusion of other stimuli.
 - 13 the gland that releases melatonin.
 - 14 a high frequency, low amplitude type of brain wave
 - 16 a high amplitude, low frequency brain wave.