

How well do you know
SLEEP?



Register for the
HMS CME Sleep
Course to check
your answers!



X: @SleepCourseCME

ACROSS

- 2. "I'm ___."; what you might say before bed
- 4. a strong urge to move one's legs
- 6. images, ideas, emotions, and sensations that usually occur during sleep
- 8. sleep disorder in which pauses in breathing or periods of shallow breathing during sleep occur more often than normal
- 10. type of sleep study used to diagnose sleep disorders
- 12. sleep disorder characterized by having trouble falling asleep or staying asleep

DOWN

- 1. sleep disorder that makes people fall asleep quickly throughout the day
- 3. biological oscillation that repeats roughly every 24 hours
- 5. unpleasant sound made by some sleep partners
- 7. hormone that helps regulate the body's circadian rhythm
- 9. device used to treat sleep apnea
- 11. sleep stage characterized by rapid eye movement