



Name _____

Sleep Cycles Word Search

E H N H J C J T Q J K C C Y O D D T R I
 N K J N N G I E Z A U T L L R H T O D J
 D X Y N K A J R Q M U L Y Q B Z K Q P H
 V T H C J I P Z C W Y Z K U E Z A U Q U
 J N A A A X U L K A O C E S L A A S M T
 J B O A N S L E E P D E B T Q N N K Q B
 A G Y N Q L H I J N Q I H P H V W M S V
 G V E M R E M Z G K G B A S G Q S P H T
 M N P G S E J H D H N T K N C J T C E X
 N R P H R P M R K R T I H Y R R Y O R Z
 O H T I O P C D E E P S L E E P T F P T
 I Y N C H H T K P Q Y N L I C D H P I U
 E T H E T A M I C R O S L E E P Q P B L
 T H M R E S T O R A T I O N E O W I B F
 A M L D R E A M S T A T E S Y P V Z D I
 K O O B E A Z A I X L K M S F H P P Z S
 X U Q T X L B O L Y P C Q E I I M A K Q
 C O B L T D T Q L W H I Z S V D Y C B J
 R Q R M N O B A X R A T C D G F X Y M L
 R M A M C L F G M G G N F F G C I U Y P

REM
 Non-REM
 Circadian
 Rhythm
 Delta

Alpha
 Theta
 Sleep-debt
 Light-sleep
 Deep-sleep

Microsleep
 Dream-state
 Sleep-phase
 Nap-length
 Restoration

