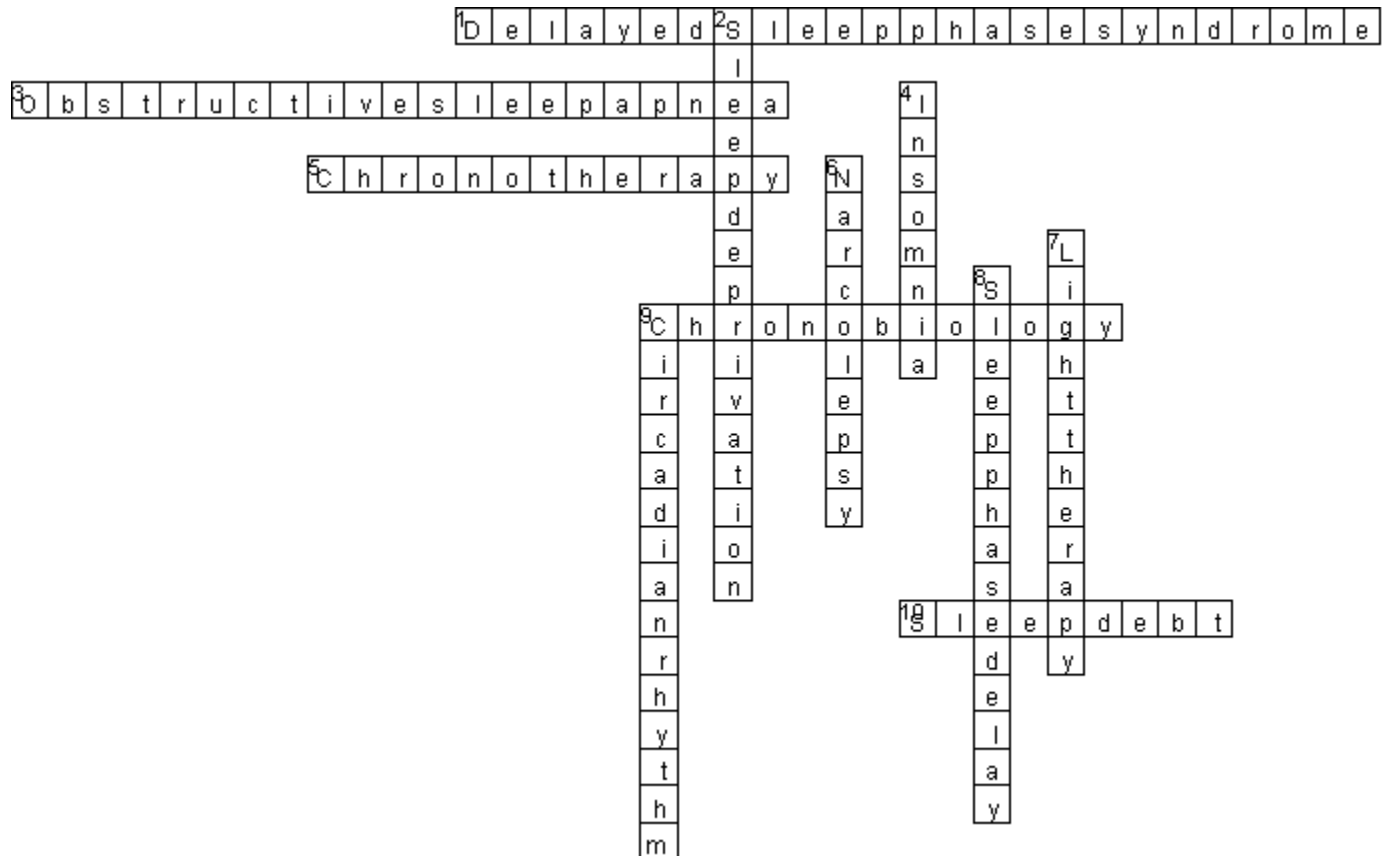


### Drowsy Driving Criss Cross

Complete the puzzle using the clues shown below.



**Across**

1. A persistent sleep disorder that results when a person's internal biological clock is out of sync with and running behind time in the external environment.
3. A syndrome that occurs because the soft tissue in the throat collapses, causing difficulty breathing and repeated awakenings during the night.
5. A treatment that involves delaying a teenager's bedtime in two- or three-hour increments every night until the teen's body clock is shifted all the way around the clock to the ideal bedtime.
9. The study of body clocks and circadian rhythms.
10. The difference between the number of hours you actually sleep and the number of hours you should sleep.

**Down**

2. A condition that occurs when a person fails to get enough sleep.
4. A broad term that covers several variations of sleeplessness.
6. A rare neurological sleep disorder that can make a person fall asleep suddenly.
7. Involves exposure to bright light or darkness to help reset the body's biological clock, encouraging a more appropriate sleep-wake schedule.
8. The natural shift in a teenager's circadian rhythm.
9. The body's natural timing system.

American Academy of Sleep Medicine