What is Sleep?

Unscramble each word. Then use the marked letters to solve the second puzzle.

RESFLTU
GARLUER IBEDEMT
DAERM
OCLO
IEQUT
LACM
YHHLTEA
AWRM MIKL
BEUBLU AHBT
DKAR
ALMRA CLKCO

1 2 3 4 5 6 7 8 9 10