



SLEEP MEDICINE-THEMED CLUES

Across

- 1 Method of monitoring human rest/activity cycles
 7 Under
 8 Condition in which the alveoli are damaged
 10 Quantity, abbr.
 11 An airway clearance technique in which the person blows out many times through a _____ PEP device
 15 Government body that regulates commercial truck drivers, abbr.
 16 Pain reliever
 18 Shallow breathing
 21 Against
 23 CPAP setting

- 25 ___ existing condition
 27 CPAP attachment
 29 Light beam
 30 Nasal passages

Down

- 1 Enlarged mass of lymphoid tissue at the back of the nasopharynx
 2 Rx amount, abbr.
 3 Chap
 4 Risk factor in sleep apnea
 5 System for warming a house; its setting can be a factor in insomnia
 6 Acting in such a way as to block a passage
 7 There are 4 of them in sleep

- 9 Baseball star Maglie
 12 Symptom of narcolepsy
 13 Meadow
 14 No longer asleep
 17 Noted period of time
 18 ___ somnolence, excessive sleepiness
 19 ___ out, lose consciousness
 20 Had something to eat
 22 Short daytime sleep periods
 24 Genetic cell material, abbr.
 26 ___ eye, possible indicator of having had little sleep
 27 Inert gas symbol (used in some balloons)
 28 Operating system, abbr.

Crossword by www.mylesmellor.com.

Answer key is available on page 5.