



SLEEP MEDICINE-THEMED CLUES

Across

- 1 WHO suggested this activity as an alternative to screen time for children, in addition to reading, storytelling, and singing
- 5 It drives a CPAP
- 8 Disorder where breathing stops and starts during sleep due to the brain not sending adequate signals to breathing muscles, abbr.
- 10 Craving
- 11 Connector used during sleep study
- 12 Responsibility
- 13 Time of arrival, abbr.
- 15 Motionless
- 17 Series of repeating events, such as stages of sleep
- 18 Discharge, as a nose
- 19 Stopped sleeping
- 20 Shows signs of waking
- 22 Close to, abbr.
- 24 Ocean motions

- 26 Origins
- 28 Government hospital, abbr.
- 29 Makers of the travel-friendly Z2 CPAP
- 32 Most common form of treatment for sleep apnea, abbr.
- 33 Ending from breath and sleep
- 35 Volcanic material that can cause severe air pollution
- 36 Basketball organization, abbr.
- 37 Susceptibility to a substance that can cause sleep problems

Down

- 1 Recent WHO study confirmed this type of activity is vital in a child's early life
- 2 Phrase meaning very tired and exhausted, 2 words
- 3 Nearing depletion
- 4 Eliminating the use of these lit-up devices an hour before bedtime can help improve a child's sleep

- 5 Milliampere, abbr.
- 6 Medicine that strengthens
- 7 Manufacturers of the AirFitN30i CPAP mask
- 9 Prepared
- 14 Non-invasive method of monitoring human/rest activity cycles
- 16 Market analyst's find
- 21 Recent Swedish study linked heavy _____ with loss of nerves and muscle mass in the soft palate
- 23 Kind of sleep
- 25 This _____ test, 2 words
- 27 Recent project in the UK found that stopping drinks high in this helped improve sleep and quality of life for kids
- 28 Tube anatomically
- 29 Training _____
- 30 Architectural annex
- 31 Person over 60, abbr.
- 32 Be worthwhile
- 34 Latin for note well, abbr.