

Sleeping wheel

Worksheet 2

WEBQUEST

SLEEP TERMINOLOGY

Browse the Internet to find definitions for the following words:

Circadian rhythm —

Hypersomnia —

Hypnotics —

Jet lag –

Insomnia –

Melatonin —

Narcolepsy —

Nightmares —

Sleep —

Sleep deprivation —

Sleep hygiene —

Snoring —