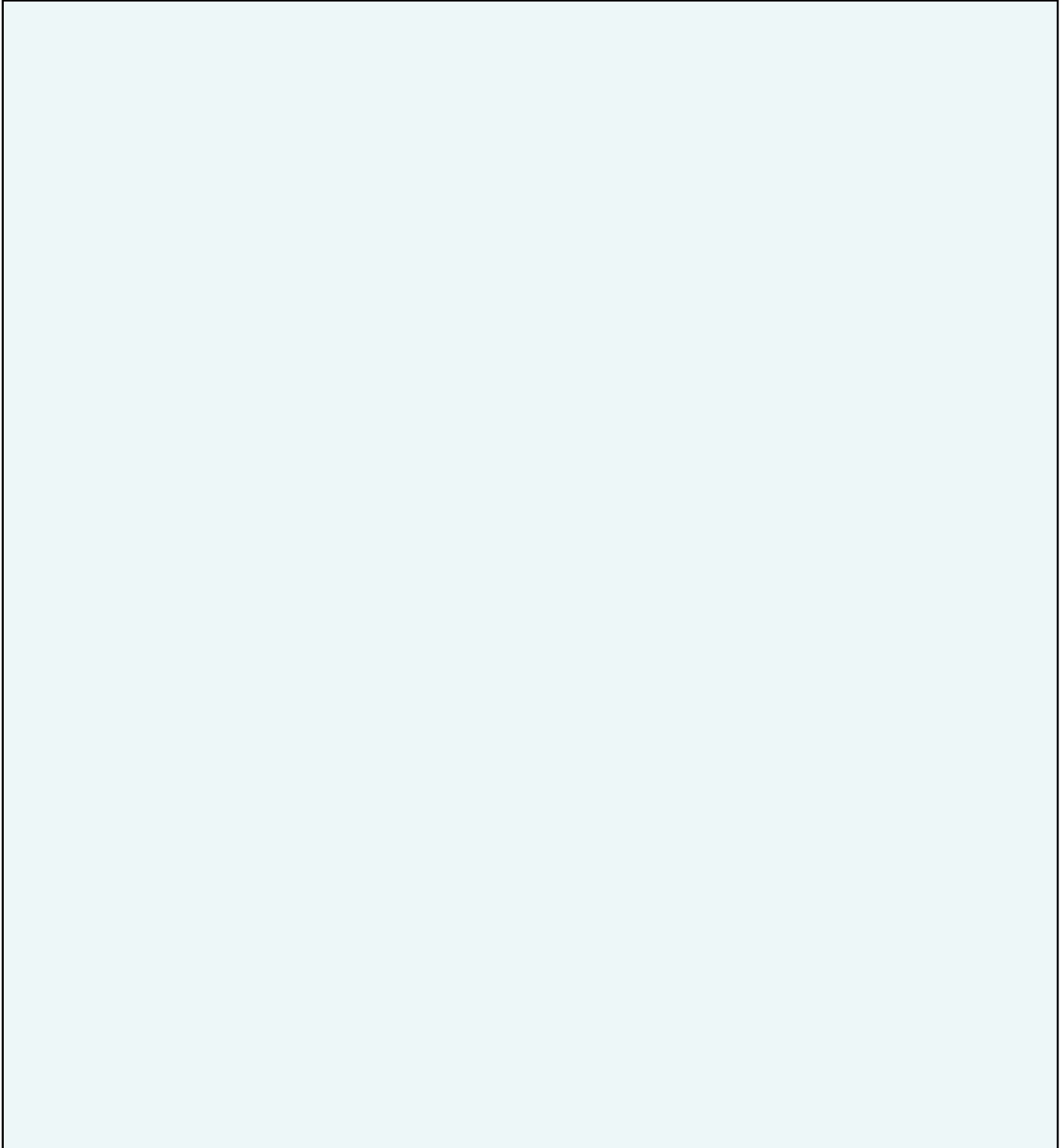


Words Related to (yawn) Sleep



Featured Vocabulary

sleep deprived [sleep dih-PRAHYVD]

Definition of *deprive*: (*verb*) to take something away from or to stop from having something

Forms of *deprive*:

deprived: (*adjective*) lacking, in need of

deprivation: (*noun*) the state of being deprived, or the act of depriving

So someone who is sleep deprived is . . . lacking sleep.

Example sentence for *sleep deprived*:

sleep deficit [sleep DEF-uh-sit]

Definition of *deficit*: (*noun*) a lack or shortage

So a sleep deficit is . . . a shortage of sleep.

Example sentence for *sleep deficit*:

Use **deprived**, **deprivation**, and **deficit** to fill in the blanks below.

Sleep _____ leads to a sleep _____. Someone
suffering from a sleep deficit is sleep _____.

More About . . .

circadian rhythms

[sur-KAY-dee-uhn RITH-umz]

Circadian rhythms are physical, mental, and behavioral patterns that repeat once approximately every 24 hours. Circadian rhythms are controlled by natural forces inside the body, but they are also affected by the environment—mainly by light. Circadian rhythms play a major role in determining sleep-wake patterns. A group of nerve cells in the brain known as the SCN (short for suprachiasmatic nucleus) controls circadian rhythms.

hormones

[HOR-mohnz]

Hormones are chemicals produced by your body that act like messengers. After being made in one part of the body, they travel through the bloodstream to other parts of the body, where they help control how cells and organs do their work.

melatonin

[mel-uh-TOH-nin]

Melatonin is a hormone produced and released into the blood by the pineal gland, a tiny pinecone-shaped organ in the brain that is controlled by the SCN. Melatonin makes you feel less alert, making it easier to fall asleep. The pineal gland produces melatonin only when it is dark. During the day, your melatonin levels fall so low that they can barely be detected.

Briefly explain the relationship between **circadian rhythms**, **hormones**, and **melatonin**.

Write a Sleep Story

