



### Across

2. A benzodiazepine used to treat anxiety and insomnia.
5. A state of being calm and peaceful, often achieved with sedatives.
7. A neurological disorder characterized by excessive daytime sleepiness.
8. A type of sedative often used in the past for sleep.
9. A drug that induces sleep.
10. A hormone that regulates sleep-wake cycles.

### Down

1. A popular brand name for a sedative used to treat insomnia.
3. A state of feeling sleepy, often induced by sedatives.
4. A medication commonly known by the brand name Valium.
6. Something that induces sleep.