

Serie I

Instructions: Match the correct synonym with the word.

1. 24 hours cycle **melatonin**

2. unable to sleep **pattern**

3. change sleep habits because of a trip **reset**

4. hormone that helps regulate your sleep **circadian rhythm**

5. stage of deep sleep **time zone**

6. begin again **jet lag**

7. part of your eye **magic**

8. the time of a specific place on earth **REM sleep**

9. fantastic power **retina**

10. repetition **insomnia**