

Serie I

Instructions: Match the correct synonym with the word.

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|---|-------------------------|
| 1. 24 hours cycle                         | <b>melatonin</b>        |
| 2. unable to sleep                        | <b>pattern</b>          |
| 3. change sleep habits because of a trip  | <b>reset</b>            |
| 4. hormone that helps regulate your sleep | <b>circadian rhythm</b> |
| 5. stage of deep sleep                    | <b>time zone</b>        |
| 6. begin again                            | <b>jet lag</b>          |
| 7. part of your eye                       | <b>magic</b>            |
| 8. the time of a specific place on earth  | <b>REM sleep</b>        |
| 9. fantastic power                        | <b>retina</b>           |
| 10.repetition                             | <b>insomnia</b>         |