Fourth Grade
PD#4 Unit#2

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**

LIVEWORKSHEETS