

Serie I

Instructions: Match the correct synonym with the word.

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|---|-------------------------|
| 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 |