

# The 4 STAGES OF SLEEP



## AWAKE STAGE

- ◆ The time in your bed, before and after actual sleep
- ◆ Includes the time you wake up in your sleep



## LIGHT SLEEP STAGE (NREM 1+2)

Starts light and intensifies into deeper stages

- ◆ Muscles loosen and may jerk ◆ Breathing slows down
- ◆ Decrease in heart rate ◆ Drop in body temperature
- ◆ Slipping into sleep/transitioning between sleep cycles
- ◆ Easy to awaken



## DEEP SLEEP STAGE (NREM 3+4)

Body restored through deep sleep

- ◆ Drop in BP
- ◆ Aides muscle growth and body repair by
  - a) Increasing blood flow to muscles
  - b) Secretion of growth hormone
  - c) Cell repair and tissue growth
- ◆ Brain takes out waste and exhibits long, slow brain waves
- ◆ Hard to be woken up and groggy/disoriented if awakened



## REM SLEEP STAGE (REM)

Mind re-energised during REM

- ◆ Respiration and heart rate increase
- ◆ No regulation of body temperature
  - ◆ Occurrence of vivid dreams
- ◆ Body becomes immobilised to prevent acting out the dreams
- ◆ Boosts memory, learning and problem solving

# Sleep Of Reason

**Martin Day**



## **Sleep Of Reason:**

*Doctor Who The Sleep Of Reason* Martin Day, 2012-03-31 Caroline Laska Darnell is a perfectly normal 19 year old worried about boyfriends acne and exams passionate about dance music and piercings But one day a terrible suicide attempt sees her admitted to the Retreat a groundbreaking medical centre in the woods To her horror she recognises the Retreat from her nightmares about an old building haunted by ghostly dogs and she realises that something is very wrong with the institute She digs deeper and realises that her family are intimately connected with the history of the Retreat Before he died Laskas father left her a dog tooth pendant and mysterious diaries and documents Through these Laska discovers that the Retreat was once an asylum that almost burnt to the ground in 1902 Her research brings her to the attention of medical officer Dr Smith and his friends Fitz and Trix Smith is utterly fascinated by Laskas waking dreams and prophetic nightmares but if Laska is cant trust her own perceptions can she trust Dr Smith

### **The Age of Minerva, Volume 1** Paul

Ilie, 2016-11-11 This book is a volume in the Penn Press Anniversary Collection To mark its 125th anniversary in 2015 the University of Pennsylvania Press rereleased more than 1 100 titles from Penn Press s distinguished backlist from 1899 1999 that had fallen out of print Spanning an entire century the Anniversary Collection offers peer reviewed scholarship in a wide range of subject areas

**The Sleep of Others and the Transformations of Sleep Research** Kenton Kroger, 2007-01-01 We tend to think of sleep as a private concern a night time retreat from the physical world into the realm of the subconscious Yet sleep also has a public side it has been the focal point of religious ritual philosophic speculation political debate psychological research and more recently neuroscientific investigation and medical practice In this first ever history of sleep research Kenton Kroger draws on a wide range of material to present the story of how an investigative field at one time dominated by the study of dreams slowly morphed into a laboratory based discipline The result of this transformation Kroger argues has changed the very meaning of sleep from its earlier conception to an issue for public health and biomedical intervention Examining a vast historical period of 2500 years Kroger separates the problems associated with the history of dreaming from those associated with sleep itself and charts sleep related diseases such as narcolepsy insomnia and sleep apnea He describes the discovery of rapid eye movement REM during the 1950s and shows how this discovery initiated the creation of dream laboratories that later emerged as centres for sleep research during the 1960s and 1970s Kroger s work is unique in subject and scope and will be enormously useful for both sleep researchers medical historians and anybody who s ever lost a night s sleep

**LIFE** , 1969-01-17 LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century It now lives on at LIFE com the largest most amazing collection of professional photography on the internet Users can browse search and view photos of today s people and events They have free access to share print and post images for personal use

[The Turkish Novel and the Quest for Rationality](#) Ayse Ozge Kocak Hemmat, 2019-02-04 The Turkish Novel and the Quest for Rationality is the first book to contextualize the Turkish novel with regard to the intellectual

developments motivating the Turkish modernization project since the 18th century The book provides a dialectical narrative for the emergence and development of the Turkish novel in order to highlight the genre's critical role within the modernization project In doing so it also delineates the changing forms the novel assumes in the Turkish context from a platform for new literature to a manifestation of crisis in the face of totalizing rationality Vis a vis modernization's engagement with rationality The Turkish Novel and the Quest for Rationality reveals unexplored ways of conceptualizing the development of the genre in non western contexts

**Visions of Violence** Richard Langston, 2008 Nazi Germany's campaign against degenerate art and its persecution of experimental artists pushed the avant garde in Germany to the brink of extinction This book examines how the avant garde came back after the war reconfiguring its aesthetics in the light of those years

**Reading Objects 2005** Samuel Dorsky Museum of Art, 2005-12-11 Featuring works from the Samuel Dorsky Museum of Art's permanent collection this illustrated catalogue documents an interdisciplinary exhibition hosted periodically by the museum in which faculty and staff from across the SUNY New Paltz campus are invited to respond a variety of works of art including archaeological artifacts sculpture painting and photography The responses range from short academic and personal essays to stories and poems and taken together they offer innovative examples of how to approach art from a variety of academic disciplines and personal perspectives

At the Edges of Sleep Jean Ma, 2022-10-04 A free open access ebook is available upon publication Learn more at [www.luminosoa.org](http://www.luminosoa.org) Many recent works of contemporary art performance and film turn a spotlight on sleep wresting it from the hidden private spaces to which it is commonly relegated At the Edges of Sleep considers sleep in film and moving image art as both a subject matter to explore onscreen and a state to induce in the audience Far from negating action or meaning sleep extends into new territories as it designates ways of existing in the world in relation to people places and the past Defined positively sleep also expands our understanding of reception beyond the binary of concentration and distraction These possibilities converge in the work of Thai filmmaker and artist Apichatpong Weerasethakul who has explored the subject of sleep systematically throughout his career In examining Apichatpong's work Jean Ma brings together an array of interlocutors from Freud to Proust George Melly to Tsai Ming-liang Weegee to Warhol to rethink moving images through the lens of sleep Ma exposes an affinity between cinema spectatorship and sleep that dates to the earliest years of filmmaking and sheds light upon the shifting cultural valences of sleep in the present moment

**Look At This If You Love Great Art** Chloë Ashby, 2021-07-13 Look At This If You Love Great Art is a must read for anyone with a passion for exceptional art Featuring 100 of the best artworks ever produced inside is a collection of insightful summaries on just what it is that makes each one so vital Art writer Chlo Ashby talks you through the pieces that resonate with her revealing the fascinating stories behind them and offering her considered take on why each work should be regarded as a pinnacle of artistic endeavour With entries curated to offer a unique juxtaposition of styles mediums and schools of art expect a contemporary take on classic artworks where titans of art history cross paths with under appreciated examples from

outside the traditional canon and where rebellious visionaries blaze trails that still influence today's cutting edge artists. Covering all the most important genres of art: Abstraction, Pop Art, Surrealism, Renaissance art, Impressionism and more, this engaging summary only deals with artworks that really matter and the reasons why you have to see them. **Derrida's 'Writing and Difference'** Sarah Wood, 2009-05-08. Writing and Difference is one of Jacques Derrida's most widely read and studied books. In a collection of essays that engage with literature, history, poetry, dramaturgy, psychoanalysis, ethnology and structuralism, Derrida demonstrates how philosophy and literature might be read and revolutionizes our understanding of writing, difference and life itself. This introduction is the ideal companion to an unprecedented and influential group of texts.

**Francisco de Goya and the Art of Critique** Anthony J. Cascardi, 2023-01-10. An innovative study of Goya's unprecedented elaboration of the critical function of the work of art. Francisco de Goya and the Art of Critique probes the relationship between the enormous, extraordinary and sometimes baffling body of Goya's work and the interconnected issues of modernity, Enlightenment and critique. Taking exception to conventional views that rely mainly on Goya's darkest images to establish his relevance for modernity, Cascardi argues that the entirety of Goya's work is engaged in a thoroughgoing critique of the modern social and historical worlds of which it nonetheless remains an integral part. The book reckons with the apparent gulf assumed to divide the Disasters of War and the so-called Black Paintings from Goya's scenes of bourgeois life or from the well-mannered portraits of aristocrats, military men and intellectuals. It shows how these apparent contradictions offer us a gateway into Goya's critical practice vis-à-vis a European modernity typically associated with the Enlightenment values dominant in France, England and Germany. In demonstrating Goya's commitment to the project of critique, Cascardi provides an alternative to established readings of Goya's work which generally acknowledge the explicit social criticism evident in works such as the Caprichos but which have little to say about those works that do not openly take up social or political themes. In Francisco de Goya and the Art of Critique, Cascardi shows how Goya was consistently engaged in a critical response to and not just a representation of the many different factors that are often invoked to explain his work, including history, politics, popular culture, religion and the history of art itself. Corruption and the Secret of Law Gerhard Anders, 2017-10-24. This volume presents an anthropological perspective on the hidden continuities between corruption and law. The authors argue that the two opposites, corruption and law, are inextricably linked with the possibility of the former already inscribed into the latter. Taking a critical stance towards the normative good governance agenda spearheaded by institutions such as Transparency International and the World Bank, this volume argues that by uncritically depicting corruption as an absolute evil, these anti-corruption programs disregard the close relationship that exists between corruption and state power. Addressing various aspects of a complex and ambivalent phenomenon, Corruption and the Secret of Law draws on studies from different parts of the world, including Burundi, China, Indonesia, Italy, Japan, Mexico and the USA, and provides a valuable resource for students, researchers and policy makers working in this area. Children See Dead People

Rob Armstrong, One of the most famous lines in movie history is I see dead people uttered by a young boy Is there any reason to believe that children can see the dead Do they have spooky powers denied to adults Do they grow out of these powers as they reach puberty Do they forget that they once interacted with the dead One study says that by age seven 65 percent of children have had an imaginary friend Are these imaginary friends actually spirits Do children have the dead as their imaginary playmates They re not imaginary at all They re real but they re dead Children are natural mediums psychics and necromancers They can channel the other world Is the poltergeist phenomenon caused by children s imaginary friends Can imaginary friends operate externally to children s minds Are some children in cahoots with spirits There is nothing more fascinating than the psychic abilities of children and the astonishing thing that eventually happens to them which suppresses their paranormal powers in order to allow them to enter the normal world the adult world What would you prefer to remain a child all your life and have paranormal powers or to become an adult and sacrifice your paranormal powers Nature has made this a tradeoff Do you want to be Peter Pan who can fly but can never grow up or do you want to join the adults and have adult fun and also adult responsibilities Why do children lose their natural powers Is it possible to get these powers back Can adults recover their lost paranormal abilities the abilities which society warned them as children never to play with It s always dangerous to play with fire It s even more dangerous to ignore your natural fire Isn t it time to light up your life

**Writing and Filming the Painting** Laura M. Sager Eidt,2008 This innovative interdisciplinary study compares the uses of painting in literary texts and films In developing a framework of four types of ekphrasis the author argues for the expansion of the concept of ekphrasis by demonstrating its applicability as interpretive tool to films about the visual arts and artists Analyzing selected works of art by Goya Rembrandt and Vermeer and their ekphrastic treatment in various texts and films this book examines how the medium of ekphrasis affects the representation of the visual arts in order to show what the differences imply about issues such as gender roles and the function of art for the construction of a personal or social identity Because of its highly cross disciplinary nature this book is of interest not only to scholars of literature and aesthetics but also for scholars of film studies By providing an innovative approach to discussing non documentary films about artists the author shows that ekphrasis is a useful tool for exploring both aesthetic concerns and ideological issues in film This study also addresses art historians as it deals with the reception of major artists in European literature and film throughout the 20th century

**History of Art and Architecture** Joann Lacey,2021-01-23 This is a survey of the history of art and architecture of Western civilizations The textbook extends from the age of the Renaissance until the end of the 20th Century The textbook includes illustrations graphs and reconstruction images curated from Creative Commons material The textbook includes original text not protected intellectual property

**Encyclopedia of the British Novel** Virginia Brackett,Victoria Gaydosik,2015-04-22 Praise for the print edition comprehensive Recommended Theory's Empire Daphne Patai,Wilfrido Howard Corral,2005 Not too long ago literary theorists were writing about the death of the novel and the death of the author

today many are talking about the death of Theory Theory as the many theoretical isms among them postcolonialism postmodernism and New Historicism are now known once seemed so exciting but has become ossified and insular This iconoclastic collection is an excellent companion to current anthologies of literary theory which have embraced an uncritical stance toward Theory and its practitioners Written by nearly fifty prominent scholars the essays in Theory's Empire question the ideas catchphrases and excesses that have let Theory congeal into a predictable orthodoxy More than just a critique however this collection provides readers with effective tools to redeem the study of literature restore reason to our intellectual life and redefine the role and place of Theory in the academy *Under Blue Cup* Rosalind E. Krauss, 2024-02-06

A personal journey leads a celebrated critic to discover knights of the medium contemporary artists who battle the aesthetic meaninglessness of the post medium condition In *Under Blue Cup* Rosalind Krauss explores the relation of aesthetic mediums to memory her own memory having been severely tested by a ruptured aneurysm that temporarily washed away much of her short term memory The title *Under Blue Cup* comes from the legend on a flash card she used as a mnemonic tool during cognitive therapy Krauss emphasizes the medium as a form of remembering contemporary artists in what she terms the post medium condition reject that scaffolding Krauss explains the historical emergence of the post medium condition and describes alternatives to its aesthetic meaninglessness examining works by knights of the medium contemporary artists who extend the life of the specific medium These artists including Ed Ruscha William Kentridge Sophie Calle Harun Farocki Christian Marclay and James Coleman reinstate the recursive rules of a modernist medium by inventing what Krauss terms new technical supports battling the aesthetic meaninglessness of the post medium condition The technical support is an underlying ground for aesthetic practice that supports the work of art as canvas supported oil paint The technical support for Ruscha's fascination with gas stations and parking lots is the automobile for Kentridge the animated film for Calle photojournalism for Coleman a modification of PowerPoint for Marclay synchronous sound Their work Krauss argues recuperates more than a century of modernist practice The work of the post medium condition conceptual art installation and relational aesthetics advances the idea that the white cube of the museum or gallery wall is over Krauss argues that the technical support extends the life of the white cube restoring autonomy and specificity to the work of art **Critical**

**Thinking Within the Library Program** John Spencer, Christopher Millson-Martula, 2014-10-20 While academic librarians frequently discuss critical thinking and its relationship to information literacy the literature does not contain an abundance of sources on the topic Therefore this work provides a current and timely perspective on the possible roles of critical thinking within the library program The work contains a variety of approaches likely to benefit the practicing librarian It begins with a review of the literature followed by theoretical approaches involving constructivism and the Socratic method Readers will find pieces on the integration of critical thinking into the first year experience and course specific case studies as well as a selection on a campus wide critical thinking project In each of the pieces librarians are exploring new ways to meet their

instructional goals including the goal of teaching critical thinking skills to students across the curriculum This book was originally published as a special issue of College Undergraduate Libraries     **A Guidebook to Monsters** Ryan J. Stark,2024-02-23 Ryan J Stark surveys the classic monsters in great literature and film television the Bible and perhaps unexpectedly the world in which we live Monsterdom is real Stark observes but often hidden beneath the concealment spell of modern secular thought This guidebook aims to break that spell and if so to confirm once more a world that brims with high strangeness or what Christian philosophers have always called reality The book appeals to those who study the paranormal dimensions of religion and horror broadly imagined The clergy will also find it helpful as will players of monster riddled video games



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