

# 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 Sleep Sleep

**Neil Stanley**



## **Sleep Sleep Sleep:**

*The Mystery of Sleep* Meir Kryger, 2017-03-21 An authoritative and accessible guide to what happens when we shut our eyes at night We spend a third of our lives in bed but how much do we really understand about how sleep affects us In the past forty years scientists have discovered that our sleep or lack of it can affect nearly every aspect of our waking lives Poor sleep could be a sign of a disease the result of a vitamin or iron deficiency or the cause of numerous other problems both sleeping and waking Yet many people even medical personnel are unaware of the dangers of poor sleep Enter Dr Meir Kryger a world authority on the science of sleep with a comprehensive guide to the mysteries of slumber that combines detailed case studies helpful tables illustrations and pragmatic advice Everyone needs a good night's sleep and many of us will experience some difficulty sleeping or staying awake over the course of our lifetimes or know someone who does Kryger's comprehensive text is a much needed resource for insomniacs for those who snore can't stay awake or experience disturbing dreams and for the simply curious Uniquely wide ranging *The Mystery of Sleep* is more than a handbook it is a guide to the world of sleep and the mysterious disorders that affect it

**Sleep, My Little One - A Collection of Sleep & Dream Poems** Various, 2021-10-20 Silver sails all out of the west Under the silver moon Sleep my little one sleep my pretty one sleep Tennyson Sleep My Little One brings together 59 carefully selected poems about sleep and dreams This gorgeous collection includes the most tender and calming poetry classics from Tennyson's Sweet and Low to Blake's Cradle Song from Browning's Sleeping and Watching to Dickinson's The Moon These poems encompass the moon the night sleeping and dreaming in an anthology of verse lullabies and songs It will spark imagination and encourage curiosity in young minds Whether enjoyed alone or read aloud to little ones this treasury of poets is sure to soothe to sleep and invite sweet dreams This beautiful book will make the perfect keepsake for new babies and new parents or a treasured gift for little ones and those now grown

*Sweet Sleep* La Leche League International, Diane Wiessinger, Diana West, Linda J. Smith, Teresa Pitman, 2014-07-29 Sweet Sleep is the first and most complete book on nights and naps for breastfeeding families It's mother wisdom reassurance and a how to guide for making sane and safe decisions on how and where your family sleeps backed by the latest research It's 4 A M You've nursed your baby five times throughout the night You're beyond exhausted But where can you breastfeed safely when you might fall asleep You've heard that your bed is dangerous for babies Or is it Is there a way to reduce the risk Does life really have to be this hard No it doesn't Sweet Sleep is within reach This invaluable resource will help you sleep better tonight in under ten minutes with the Quick Start guide and sleep safer every night with the Safe Sleep Seven checklist sort out the facts and fictions of bedsharing and SIDS learn about normal sleep at every age and stage from newborn to new parent direct your baby toward longer sleep when he's ready tailor your approach to your baby's temperament uncover the hidden costs of sleep training and cry it out techniques navigate naps at home and daycare handle concerns from family friends and physicians enjoy stories and tips from mothers like you make the soundest sleep decisions

for your family and your life Advance praise for Sweet Sleep Chock full of advice and information The editors smartly break the information into digestible bits organized by topics and age ranges And for any parent desperate for an uninterrupted few hours of sleep the advice is worth the read Sweet Sleep includes extensive information on creating a safe sleep space helping children learn to sleep on their own and defusing criticism of your family's choices This book is nothing but supportive of whatever your choices are about nursing and sleeping BookPage An essential guide for parents detailed practical advice on bed sharing and breast feeding with basic guidelines for safe bed sharing outlined in seven steps Publishers Weekly

**Sex Sleep Eat Drink Dream** Jennifer Ackerman, 2008 Sleep and Neuropsychiatric Disorders Ravi Gupta, David N. Neubauer, S. R. Pandi-Perumal, 2022-02-01 This book explores the intricate links between sleep and neuropsychiatric diseases In clinical settings understanding the development treatment and management of neuropsychiatric diseases poses a substantial challenge Neuropsychiatric disorders place a significant cost on society affecting the health of people affected care providers and the general community Sleep and neuropsychiatric disease are inextricably linked Sleep disorders are widespread in these populations and are frequently overlooked in neurology and psychiatry The book offers readers up to date information on different facets of the bidirectional connections between sleep and neuropsychiatric diseases Following the initial fundamental science part a unique series of chapters concentrate on the behavioural manifestations of sleep problems a hitherto unexplored field Additional chapters include patient evaluation techniques as well as public health implications of sleep disorders The individual chapters cover all main mental and neurological diseases where a change in sleep is evident and recent concepts in pathogenesis presentation evaluation and treatment Neuropsychotropic drugs must be seen as a double edged sword when it comes to sleep and sleep disorders Overall this book is an excellent resource for learning about neuropsychiatric diseases and how they affect sleep while simultaneously being impacted by sleep

**Sleep to Heal** Abhinav Singh, 2023-06-27 WHAT IF A GOOD NIGHT'S SLEEP WAS ALL YOU NEEDED TO TRANSFORM YOUR LIFE BEYOND YOUR WILDEST DREAMS SLEEP TO HEAL IS HERE TO HEAL AND INSPIRE Are you tired of waking up tired You are not alone We may have become super productive in our fast paced always connected 24/7 society but in exchange we lost something precious our harmonious connection to sleep a natural biological function integral to our overall health wellness and well being The new and unraveling science of sleep tells us that sleep impacts everything from anxiety and creativity to productivity and longevity We also now know it's an essential pillar of health perhaps even more important than nutrition and exercise Dr Abhinav Singh is a physician with a keen interest in preventive medicine and he firmly believes that better sleep equals better health No matter your age this book will help you revolutionize your patterns on a daily basis and support you on a renewed journey toward better sleep better health and ultimately a better life not just for tonight but for a lifetime No matter your goal better sleep losing weight or simply feeling more patient around loved ones it is never too late for a sleep reboot Based on scientific research and 15 years of clinical

experience from a double board certified sleep physician who has taught the art of sleep to more than 7 000 patients SLEEP TO HEAL will forever reshape the way you think about sleep and give you the strategies and tools you need to transform your life from the inside out one peaceful night at a time REFRESH RESTORE AND REVITALIZE YOUR LIFE TODAY **Sleep and Movement Disorders** Sudhansu Chokroverty, Richard P. Allen, Arthur S. Walters, Pasquale Montagna, 2013-08-15 Sleep disorders and movement disorders are inter connected areas of neurology and this comprehensive text examines the relationship the basic science and the latest advances in treatment [The Sleep Savvy Guide: Mastering Your Sleep for Health and Well-being](#) Pasquale De Marco, In a world where the demands of daily life often encroach upon our sleep The Sleep Savvy Guide Mastering Your Sleep for Health and Well being emerges as an indispensable resource for those seeking to reclaim the power of restful slumber This comprehensive guide delves into the science of sleep unveiling the intricate mechanisms that govern this essential biological process It explores the myriad sleep disorders that can disrupt our nocturnal tranquility providing a deeper understanding of their causes symptoms and effective treatments Beyond the realm of medical knowledge The Sleep Savvy Guide ventures into the profound impact that sleep has on our overall health and well being It uncovers the intricate relationship between sleep and our immune system cardiovascular function metabolic processes and cognitive abilities The book emphasizes the importance of sleep in maintaining a healthy weight reducing the risk of chronic diseases and optimizing our mental and emotional well being Furthermore The Sleep Savvy Guide recognizes the diverse sleep needs and challenges faced by different populations It offers tailored advice for children adolescents older adults shift workers and individuals with chronic illnesses empowering them with strategies to achieve restful sleep amidst their unique circumstances The book transcends mere scientific exploration by delving into the cultural and societal significance of sleep It examines the economic costs associated with sleep deprivation the impact of sleep on public safety and education and the unique sleep challenges faced by different populations It also explores the role of sleep in art literature and folklore revealing the diverse ways in which sleep has been interpreted and depicted throughout history Ultimately The Sleep Savvy Guide culminates in a personalized approach to achieving restful and restorative sleep It provides practical strategies for assessing individual sleep needs creating a sleep conducive environment overcoming common sleep challenges and establishing healthy sleep habits By empowering readers with the knowledge and tools they need to optimize their sleep this guide unlocks the gateway to a life of renewed energy enhanced well being and boundless potential If you like this book write a review **How to Sleep Well** Neil Stanley, 2018-07-27 It has never been more important to sleep well Stop sabotaging your own sleep and finally wake up energised and refreshed How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully Whether you struggle to fall asleep sleep too lightly wake too often or simply cannot wake up this book can help you get on track to sleeping well and living better It all starts with the science of sleep how much you really need what your body does during sleep and the causes behind many common sleep problems Next

you ll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact whether the pressure of workplace or you simply cannot quiet your own mind these expert tips and tricks will help you get the sleep you need Finally you ll learn how to support healthy sleep during the waking hours what works with or against your sleep and you ll learn when the problem might be best dealt with by your GP Don t spend another restless night waiting for a bleary groggy morning and sleepy day Take control of your sleep tonight Learn how sleep or a lack thereof affects every aspect of your life Identify the root causes of your sleep issues and cut them off at the source Discover the sleep advice that works and the tips that are just plain daft Create a healthy calming bedtime routine that will help you get the rest you need Sleep affects everything Work and school performance relationships emotional outlook your appearance and even your health Sleeping poorly or not sleeping enough can dramatically impact your quality of life but most sleep problems can be solved with a bit of self adjustment How to Sleep Well puts a sleep expert with over 36 years experience at your disposal to help you finally get the restful restorative sleep you need to live better and be productive **Handbook of Sleep Research**

,2019-06-21 Handbook of Sleep Research Volume 30 provides a comprehensive review of the current status of the neuroscience of sleep research It begins with an overview of the neural hormonal and genetic mechanisms of sleep and wake regulation before outlining the various proposed functions of sleep and the role it plays in plasticity and in learning and memory Finally the book discusses disorders of sleep and waking covering both lifestyle factors that cause disrupted sleep and psychiatric and neurological conditions that contribute to disorders Emphasizes a comparative and multidisciplinary approach to the topic of sleep Covers the neurobiology and physiology of sleep stages mechanisms of waking and dreaming Discusses in detail the proposed functions of sleep from health and rest to memory consolidation and synaptic plasticity Examines the current state of research in mammalian and non mammalian species ranging from primates to invertebrates

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