

The 4 Stages of Sleep



NREM Stage 1

- transition period between wakefulness and sleep
- lasts around 5 to 10 minutes



NREM Stage 3

- muscles relax
- blood pressure and breathing rate drop
- deepest sleep occurs



NREM Stage 2

- body temperature drops and heart rate begins to slow
- brain begins to produce sleep spindles
- lasts approximately 20 minutes



REM Sleep

- brain becomes more active
- body becomes relaxed and immobilized
- dreams occur
- eyes move rapidly

Sleep And Dream

J. Allan Hobson



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