

# 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

**Michael Hoelscher**



**Sleep Of Reason:**

## Embracing the Track of Phrase: An Emotional Symphony within **Sleep Of Reason**

In some sort of taken by screens and the ceaseless chatter of quick conversation, the melodic splendor and mental symphony created by the written word often disappear in to the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. But, set within the pages of **Sleep Of Reason** a stunning literary treasure filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that interesting masterpiece conducts viewers on an emotional trip, well unraveling the concealed songs and profound influence resonating within each cautiously constructed phrase. Within the depths of the emotional evaluation, we will investigate the book is key harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

<https://archive.kdd.org/files/Resources/fetch.php/The%20Brothers%20Reuther%20And%20The%20Story%20Of%20The%20Uaw%20A%20Memoir.pdf>

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