

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

Abhinav Singh



Sleep Sleep Sleep:

Whispering the Secrets of Language: An Psychological Quest through **Sleep Sleep Sleep**

In a digitally-driven earth where displays reign supreme and quick connection drowns out the subtleties of language, the profound techniques and psychological nuances hidden within words frequently move unheard. However, located within the pages of **Sleep Sleep Sleep** a interesting literary value sporting with natural emotions, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, this wonderful opus invites readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within ab muscles fabric of each and every word. Within the psychological depths with this emotional review, we will embark upon a heartfelt exploration of the book is core styles, dissect its captivating publishing fashion, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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