

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

Sarah Wood



Sleep Of Reason:

Whispering the Techniques of Language: An Mental Quest through **Sleep Of Reason**

In a digitally-driven earth wherever displays reign great and immediate communication drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases often go unheard. However, nestled within the pages of **Sleep Of Reason** a charming fictional value sporting with natural feelings, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, that marvelous opus encourages readers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the material of each and every word. Within the emotional depths of this moving evaluation, we shall embark upon a honest exploration of the book is core themes, dissect its charming publishing design, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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