

# 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

**Various**



## **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* Carlos Schenck, 2007 The average adult will spend more than 200 000 hours sleeping in a lifetime the equivalent of more than 8 000 days Yet research has only just begun to decode the mysteries behind what really happens when we sleep Now Dr Carlos Schenck one of the most prominent sleep doctors and researchers in the country takes us on an extraordinary journey into the mechanisms of sleep and what can go wrong Dr Schenck explains and then offers solutions for the most common sleep disorders insomnia restless legs syndrome sleep apnea and more But what sets this book apart is the fascinating new insights Schenck offers from the cutting edge science that he and other researchers have pioneered in identifying understanding and explaining the realm of parasomnias mysterious more extreme sleep disorders such as sleep terrors sleepwalking dream enactment sleep violence sleep related eating disorder sexsomnia sleep paralysis which affect at least 10 percent of Americans **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 Medicine Michael S.

Aldrich, 1999-04-08 This book offers a concise methodological approach to the evaluation and treatment of patients with sleep disorders The management of sleep disorders requires an understanding of sleep itself thus the book initially discusses aspects of normal sleep The remainder of the book provides a formula for critical assessment in which the symptoms and signs and the psychological and medical background of the patient in conjunction with an understanding of the neurobiological and psychological basis of sleep disorders are considered Polysomnographic studies and other laboratory tests supplement and redefine clinical information and assist physicians in their treatment options      **How to Sleep Well** Neil Stanley, 2018-08-27 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

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**Restless in Sleep Country** Paul Huebener, 2024-05-14 Sleep and the lack of it is a public obsession and an enormous everyday quandary Troubled sleep tends to be seen as an individual problem and personal responsibility to be fixed by better habits and tracking gadgets but the reality is more complicated Sleep is a site of politics culture and power In *Restless in Sleep Country* Paul Huebener pulls back the covers on cultural representations of sleep to show how they are entangled with issues of colonialism homelessness consumer culture technology and privacy the exploitation of labour and the effects of the Covid 19 pandemic Even though it almost entirely evades direct experience sleep is the subject of a variety of potent narratives each of which can serve to clarify and shape its role in our lives In Canada cultural visions of slumber circulate through such diverse forms as mattress commercials billboards comic books memoirs experimental poetry and bedtime story phone apps By guiding us through this imaginative landscape Huebener shows us how to develop a critical literacy of sleep Lying down and closing our eyes is an act that carries surprisingly high stakes going beyond individual sleep troubles *Restless in Sleep Country* illuminates the idea of sleep as a crucial site of inequity struggle and gratification **Metabolic**

**Health in Normal and Abnormal Sleep** Jonathan C. Jun, Sushmita Pamidi, Babak Mokhlesi, Camilla Miranda Hoyos, 2020-05-21      **Sleep and Combat-Related Post Traumatic Stress Disorder** Eric Vermetten, Anne

Germain, Thomas C. Neylan, 2017-11-29 There are few clinical problems in the sleep medicine field that are more challenging than the sleep difficulties experienced by individuals suffering from post traumatic stress disorder PTSD This book offers a unique complete resource addressing all the basic concepts and clinical applications in sleep medicine in settings where combat related PTSD is commonplace Authored by leading international experts in the field of sleep military medicine Sleep and Combat Related Post Traumatic Stress Disorder is organized in six sections and provides a broad perspective of the field from the established theories to the most recent developments in research including the latest neuroscientific perspectives surrounding sleep and PTSD The result is a full assessment of sleep in relation to combat related PTSD and a gold standard volume that is the first of its kind This comprehensive title will be of great interest to a wide range of clinicians from academics and clinicians working within or in partnership with the military health care system to veteran hospital physicians and all health personnel who work with war veterans      **Pediatric Sleep Clinics, An Issue of Sleep Medicine Clinics,**

**E-Book** Haviva Veler, 2023-05-02 In this issue of Sleep Medicine Clinics guest editor Dr Haviva Veler brings her considerable expertise to the topic of Pediatric Sleep Clinics Sleep disorders in children span the gamut from behavioral issues to medical disorders In this issue top experts cover a wide variety of topics in the field including measuring pediatric sleep health circadian rhythm disorders narcolepsy and idiopathy hypersomnia and much more Contains 17 practice oriented topics including what's new in pediatric OSA sleep and inflammation pediatric sleep pharmacology sleep during the pandemic sleep technology sleep and mental health the PHAT study update and more Provides in depth clinical reviews on pediatric sleep offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews      **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 Apnea and Snoring E-Book* Michael Friedman, Ofer Jacobowitz, 2018-09-01 Recent years have brought many significant changes to the field of sleep apnea and snoring and this revised 2nd Edition keeps you up to date with every effective intervention Sleep Apnea and Snoring Surgical and Non Surgical Therapy 2nd Edition takes a focused multidisciplinary approach to all sleep apnea and snoring related illnesses making it an outstanding reference for surgery in this key area within otolaryngology New chapters new techniques and procedures and new contributing authors ensure that you re completely up to date Covers recent topics such as transoral robotic assisted surgery new techniques in nasal valve repair and pediatric patients and sleep apnea New chapters cover home sleep testing lingual tonsil grading system algorithms for surgery and for multi level treatment new techniques in nasal valve repair and transoral robotic assisted surgery TORS for OSA New authors and associate editors provide a fresh perspective throughout the text Includes contributions from leaders in neurology pulmonology psychiatry otolaryngology and oral and maxillofacial surgery to create a truly multi disciplinary approach Uses a consistent templated full color format for quick easy access to the most up to date surgical and non surgical interventions for sleep apnea and snoring Details when and why surgery is necessary and how to perform a successful operation for snoring and sleep apnea

**Medical Physiology** Rodney Rhoades, David R. Bell, 2009 Now in its Third Edition this text clearly and concisely presents the physiological principles that are essential to clinical medicine Outstanding pedagogical features include Active Learning Objectives that emphasize problem solving applications of basic principles conceptual diagrams that help students visualize complex processes case studies Clinical Focus boxes and From Bench to Bedside boxes a comprehensive glossary and online USMLE style questions with answers and explanations This edition features a new Immunology and Organ Function chapter and a completely rewritten and reorganized cardiovascular section A companion Website will include the fully searchable text an interactive question bank case studies with practice questions animations of complex processes an image bank and links for further study

**SLEEPING AND DREAMING EXPLAINED BY ARTS & SCIENCE** Andreas Sofroniou, 2016-10-10 This book is about sleeping and dreaming as explained by arts and science where sleep is described as being the natural periodic suspension of consciousness during which the powers of the body are restored The contents detail the body s relaxation as induced by graded switching off of the nerves All species of mammals undergo regular periods of it varying with age species and with the seasonal changes of day length Sleep is a natural state of torpor and a lowering of consciousness associated with changes in the patterns of electrical waves recorded from the brain Additionally it clarifies the dream states as a series of thoughts images poetry or emotions

occurring during sleep Dreams can also be experiences of waking life having the characteristics of a dream as a visionary creation of the imagination as a day dream state of mind marked by abstraction or release from reality a reverie as an object seen in a dream like state and vision as a wishful creation of the imagination     *Trick Yourself to Sleep: 222 Ways to Fall and Stay Asleep from the Science of Slumber* Kim Jones, 2020-05-12 222 Ways to a Better Night and Brighter Morning Poor sleep can wreak havoc on your waking life leaving you grumpy and unwell But when you re staring at the ceiling counting sheep worried that sleep may never come what can you do Well Trick Yourself to Sleep with 222 simple strategies and creative tips all scientifically backed Cover up clocks stop stressing over every restless minute Eat two kiwis their folates and antioxidants aid sleep Stick out your tongue this releases tension in the jaw Try a weighted blanket it s like giving your nervous system a hug Make a list and then set those to dos aside until tomorrow This must have guide for even the occasional insomniac will help you fall asleep stay asleep and wake up your best self     **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



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