

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

LM Reder



Sleep Of Reason:

Doctor Who The Sleep Of Reason Martin Day,2012-03-31 Caroline Laska Darnell is a perfectly normal 19 year old worried about boyfriends acne and exams passionate about dance music and piercings But one day a terrible suicide attempt sees her admitted to the Retreat a groundbreaking medical centre in the woods To her horror she recognises the Retreat from her nightmares about an old building haunted by ghostly dogs and she realises that something is very wrong with the institute She digs deeper and realises that her family are intimately connected with the history of the Retreat Before he died Laskas father left her a dog tooth pendant and mysterious diaries and documents Through these Laska discovers that the Retreat was once an asylum that almost burnt to the ground in 1902 Her research brings her to the attention of medical officer Dr Smith and his friends Fitz and Trix Smith is utterly fascinated by Laskas waking dreams and prophetic nightmares but if Laska is cant trust her own perceptions can she trust Dr Smith *LIFE* ,1969-01-17 LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century It now lives on at LIFE com the largest most amazing collection of professional photography on the internet Users can browse search and view photos of today s people and events They have free access to share print and post images for personal use **Corruption and the Secret of Law** Gerhard

Anders,2017-10-24 This volume presents an anthropological perspective on the hidden continuities between corruption and law The authors argue that the two opposites corruption and law are inextricably linked with the possibility of the former already inscribed into the latter Taking a critical stance towards the normative good governance agenda spearheaded by institutions such as Transparency International and the World Bank this volume argues that by uncritically depicting corruption as an absolute evil these anti corruption programs disregard the close relationship that exists between corruption and state power Addressing various aspects of a complex and ambivalent phenomenon Corruption and the Secret of Law draws on studies from different parts of the world including Burundi China Indonesia Italy Japan Mexico and the USA and provides a valuable resource for students researchers and policy makers working in this area **The Sleep of Others and**

the Transformations of Sleep Research Kenton Kroker,2007-01-01 We tend to think of sleep as a private concern a night time retreat from the physical world into the realm of the subconscious Yet sleep also has a public side it has been the focal point of religious ritual philosophic speculation political debate psychological research and more recently neuroscientific investigation and medical practice In this first ever history of sleep research Kenton Kroker draws on a wide range of material to present the story of how an investigative field at one time dominated by the study of dreams slowly morphed into a laboratory based discipline The result of this transformation Kroker argues has changed the very meaning of sleep from its earlier conception to an issue for public health and biomedical intervention Examining a vast historical period of 2500 years Kroker separates the problems associated with the history of dreaming from those associated with sleep itself and charts sleep related diseases such as narcolepsy insomnia and sleep apnea He describes the discovery of rapid eye movement REM

during the 1950s and shows how this discovery initiated the creation of dream laboratories that later emerged as centres for sleep research during the 1960s and 1970s Kroker's work is unique in subject and scope and will be enormously useful for both sleep researchers medical historians and anybody who's ever lost a night's sleep

Reading Objects 2005 Samuel Dorsky Museum of Art, 2005-12-11 Featuring works from the Samuel Dorsky Museum of Art's permanent collection this illustrated catalogue documents an interdisciplinary exhibition hosted periodically by the museum in which faculty and staff from across the SUNY New Paltz campus are invited to respond a variety of works of art including archaeological artifacts sculpture painting and photography The responses range from short academic and personal essays to stories and poems and taken together they offer innovative examples of how to approach art from a variety of academic disciplines and personal perspectives

The Age of Minerva, Volume 1 Paul Ilie, 2016-11-11 This book is a volume in the Penn Press Anniversary Collection To mark its 125th anniversary in 2015 the University of Pennsylvania Press rereleased more than 1 100 titles from Penn Press's distinguished backlist from 1899-1999 that had fallen out of print Spanning an entire century the Anniversary Collection offers peer-reviewed scholarship in a wide range of subject areas

The Exquisite Corpse Kanta Kochhar-Lindgren, Davis Schneiderman, Tom Denlinger, 2009-12-01 This work addresses historical and contemporary manifestations of poems drawings collages and performance works that employ the ritual of the cadaver exquis

At the Edges of Sleep Jean Ma, 2022-10-04 Apichatpong Weerasethakul and the turn to sleep Sleep must be protected Into the dark Exiting and entering early cinema Somnolent journeys Insentient intimacies The regressive thesis Narcotic reception A little history of sleeping at the movies Zoning out Circadian cinemas

Religion and Its Monsters Timothy Kandler Beal, 2002 First Published in 2002 Routledge is an imprint of Taylor Francis an informa company

Look At This If You Love Great Art Chloë Ashby, 2021-07-13 Look At This If You Love Great Art is a must read for anyone with a passion for exceptional art Featuring 100 of the best artworks ever produced inside is a collection of insightful summaries on just what it is that makes each one so vital Art writer Chlo Ashby talks you through the pieces that resonate with her revealing the fascinating stories behind them and offering her considered take on why each work should be regarded as a pinnacle of artistic endeavour With entries curated to offer a unique juxtaposition of styles mediums and schools of art expect a contemporary take on classic artworks where titans of art history cross paths with underappreciated examples from outside the traditional canon and where rebellious visionaries blaze trails that still influence today's cutting edge artists Covering all the most important genres of art Abstraction Pop Art Surrealism Renaissance art Impressionism and more this engaging summary only deals with artworks that really matter and the reasons why you have to see them

Reviewing **Sleep Of Reason**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Sleep Of Reason**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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