

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

Ian St James-Roberts



Sleep Sleep Sleep:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Sleep Sleep Sleep**

In a world inundated with screens and the cacophony of instant conversation, the profound power and mental resonance of verbal artistry often fade into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, set within the lyrical pages of **Sleep Sleep Sleep**, a charming function of fictional elegance that pulses with organic emotions, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that magical opus manuals visitors on a psychological odyssey, delicately revealing the latent potential and profound affect stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is central styles, dissect its captivating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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