

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

Wallace B. Mendelson



Sleep Sleep Sleep:

The book delves into Sleep Sleep Sleep. Sleep Sleep Sleep is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Sleep Sleep Sleep, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Sleep Sleep Sleep
- Chapter 2: Essential Elements of Sleep Sleep Sleep
- Chapter 3: Sleep Sleep Sleep in Everyday Life
- Chapter 4: Sleep Sleep Sleep in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Sleep Sleep Sleep. This chapter will explore what Sleep Sleep Sleep is, why Sleep Sleep Sleep is vital, and how to effectively learn about Sleep Sleep Sleep.
3. In chapter 2, the author will delve into the foundational concepts of Sleep Sleep Sleep. The second chapter will elucidate the essential principles that need to be understood to grasp Sleep Sleep Sleep in its entirety.
4. In chapter 3, the author will examine the practical applications of Sleep Sleep Sleep in daily life. The third chapter will showcase real-world examples of how Sleep Sleep Sleep can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Sleep Sleep Sleep in specific contexts. This chapter will explore how Sleep Sleep Sleep is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Sleep Sleep Sleep. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sleep Sleep Sleep.

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