

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

Gerhard Anders



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Table of Contents Sleep Of Reason

1. Understanding the eBook Sleep Of Reason
 - The Rise of Digital Reading Sleep Of Reason
 - Advantages of eBooks Over Traditional Books
2. Identifying Sleep Of Reason
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sleep Of Reason
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sleep Of Reason
 - Personalized Recommendations
 - Sleep Of Reason User Reviews and Ratings
 - Sleep Of Reason and Bestseller Lists
5. Accessing Sleep Of Reason Free and Paid eBooks

- Sleep Of Reason Public Domain eBooks
 - Sleep Of Reason eBook Subscription Services
 - Sleep Of Reason Budget-Friendly Options
6. Navigating Sleep Of Reason eBook Formats
 - ePub, PDF, MOBI, and More
 - Sleep Of Reason Compatibility with Devices
 - Sleep Of Reason Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep Of Reason
 - Highlighting and Note-Taking Sleep Of Reason
 - Interactive Elements Sleep Of Reason
 8. Staying Engaged with Sleep Of Reason
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sleep Of Reason
 9. Balancing eBooks and Physical Books Sleep Of Reason
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep Of Reason
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Sleep Of Reason
 - Setting Reading Goals Sleep Of Reason
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Sleep Of Reason
 - Fact-Checking eBook Content of Sleep Of Reason
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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