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

Jiyuan Zhang

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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
 - o 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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