

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

Rob Armstrong



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 *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 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 *The Sleep of Others and the Transformations of Sleep Research* Kenton Kroger,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 Kroger 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 Kroger 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 Kroger 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

The Constitution and the Pride of Reason Steven D. Smith, 1998-01-01 Attempting to realize Plato's vision of a republic governed by reason American constitutionalists according to Steven D. Smith's bold new critical study have instead reenacted the Tower of Babel myth producing a constitutional discourse marked by rampant confusion elaborate sophistry and thinly veiled authoritarian bullying How is it that the pursuit of such lofty aims by yesterday's framers and today's scholars has left us mired in a constitutional morass This timely book ponders that question with the intellectual vigor it deserves Observing that standard accounts of constitutional law both the conservative and liberal varieties have lost their power to illuminate *The Constitution and the Pride of Reason* explores how constitutional law hangs together and how it falls apart by investigating the perennial claim that the Constitution and its interpretation somehow embody a commitment to governance by reason What does this claim mean and is it valid In confronting these queries Smith offers revealing and iconoclastic assessments of constitutionalists ranging from Madison and Jefferson to Dworkin and Bork Also detailed in these pages is a provocative overview of the whole constitutional project from its noble aspirations to its tragic failures A truly visionary work that investigates the scholarship the design and the history of the quintessential American legal document this volume also sensibly reflects on the meaning and possibility of the ethical commitment to the life of reason It will appeal not only to students of constitutional law but also to those interested in political science philosophy and American history

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 Eclipse of Reason: Reclaiming Western Education for Today Wilfred Carr, 2025-04-17 This concise digestible book shows how the cultivation of reason became the defining aim of western education and critiques how this aim has been eclipsed in recent decades by the neoliberal system of mass schooling imposed by the state Chapters outline succinctly the history of western education and its origins in Ancient Greece demonstrating how the idea of education as intrinsically related to the development of reason became embedded in the Western educational tradition and how this tradition subsequently developed and evolved Introducing key philosophical ideas about the nature of education the book shows how the development of mass schooling in the 19th century led to our current educational landscape where neoliberal demands for schools to be more responsive to market forces have obscured the development of reason as a distinctive educational aim By inviting educators to think reflectively and critically about the state of education today the book raises the little discussed educational question of what comes after neoliberalism Calling

for the re establishment of western education s core values and aims this book will be of interest to educators researchers and students involved with pre and in service teacher education courses as well as those interested in the history of education and the philosophy of education more broadly **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

Environmental Humanities and the Uncanny Rod Giblett,2019-04-12 Sigmund Freud s essay The Uncanny is celebrating a century since publication It is arguably his greatest and most fruitful contribution to the study of culture and the environment Environmental Humanities and the Uncanny brings into the open neglected aspects of the uncanny in this famous essay in its centenary year and in the work of those before and after him such as Friedrich Schelling Walter Benjamin E T A Hoffmann and Bram Stoker This book does so by focussing on religion especially at a time and for a world in which some sectors of the monotheisms are in aggressive and sometimes violent contention against those of other monotheisms and even against other sectors within their own monotheism The chapter on Schelling s uncanny argues that monotheisms come out of polytheism and makes the plea for polytheism central to the whole book It enables rethinking the relationships between mythology and monotheistic and polytheistic religions in a culturally and politically liberatory and progressive way Succeeding chapters consider the uncanny cyborg the uncanny and the fictional and the uncanny and the Commonwealth concluding with a chapter on Taoism as a polytheistic religion Building on the author s previous work in Environmental Humanities and Theologies in bringing together theories of religion and the environment this book will be of great interest to students and scholars of the environmental humanities ecocultural studies and religion **The Conversion of Imagination** Matthew W. Maguire,2006-03-31 Maguire uncovers a history of French thought that casts the imagination as a dominant faculty in our experience of the world Original and thought provoking this book will interest a range of readers across intellectual history political theory literary and cultural studies and the history of religious thought

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