

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

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C. Neylan**

Sleep Sleep Sleep:

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Table of Contents Sleep Sleep Sleep

1. Understanding the eBook Sleep Sleep Sleep
 - The Rise of Digital Reading Sleep Sleep Sleep
 - Advantages of eBooks Over Traditional Books
2. Identifying Sleep Sleep Sleep
 - 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 Sleep Sleep
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sleep Sleep Sleep
 - Personalized Recommendations
 - Sleep Sleep Sleep User Reviews and Ratings
 - Sleep Sleep Sleep and Bestseller Lists
5. Accessing Sleep Sleep Sleep Free and Paid eBooks
 - Sleep Sleep Sleep Public Domain eBooks
 - Sleep Sleep Sleep eBook Subscription Services

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