

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

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5.5 - Hypothesis Testing for Two-Sample Proportions

We are now going to develop the hypothesis test for the difference of two proportions for independent samples. The hypothesis test follows the same steps as ... Two-Sample t-Test | Introduction to Statistics The two-sample t-test is a method used to test whether the unknown population means of two groups are equal or not. Learn more by following along with our ...

1.3.5.3. Two-Sample t -Test for Equal Means

Purpose: Test if two population means are equal, The two-sample t-test (Snedecor and Cochran, 1989) is used to determine if two population means are equal.

2 Sample t-Test (1 tailed)

Suppose we have two samples of ceramic sherd thickness collected from an archaeological site, where the two samples are easily distinguishable by the use of. Two sample t-test: SAS instruction Note that the test is two-sided (sides=2), the significance level is 0.05, and the test is to compare the difference between two means ($\mu_1 - \mu_2$) against 0 (H_0 ...

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