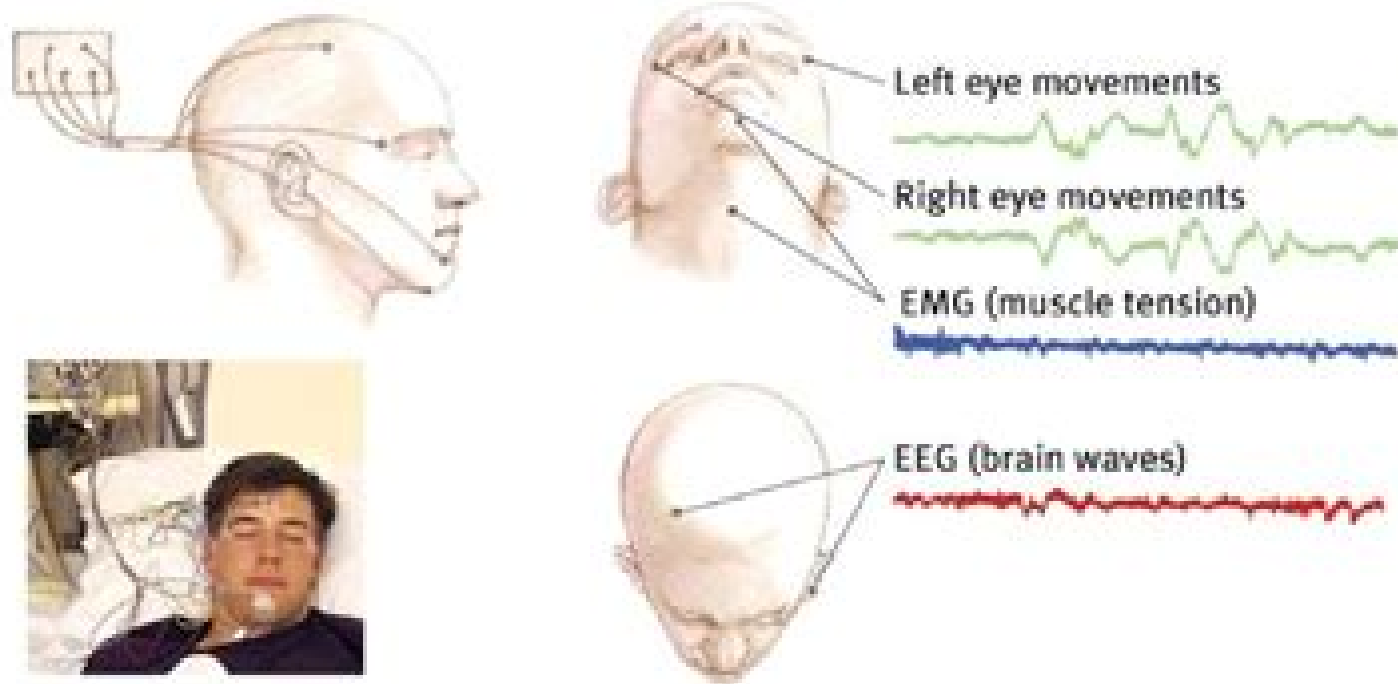


BIOLOGICAL RHYTHMS AND SLEEP: SLEEP STAGES

Measuring sleep: About every 90 minutes, we pass through a cycle of five distinct sleep stages.



Sleep And Biological Rhythms

Patrick Vollmar



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