

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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Sleep Sleep Sleep:

Enjoying the Song of Appearance: An Emotional Symphony within **Sleep Sleep Sleep**

In a world used by screens and the ceaseless chatter of instant transmission, the melodic splendor and mental symphony developed by the written word usually disappear into the background, eclipsed by the relentless noise and interruptions that permeate our lives. But, set within the pages of **Sleep Sleep Sleep** a wonderful literary treasure filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this charming masterpiece conducts viewers on an emotional trip, well unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths with this emotional examination, we can investigate the book is central harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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