

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

Michal Rosen-Zvi



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