

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

Emilie Sanchez



Sleep Sleep Sleep:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Sleep Sleep Sleep**

In a global inundated with screens and the cacophony of instantaneous conversation, the profound energy and emotional resonance of verbal artistry usually diminish in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, located within the lyrical pages of **Sleep Sleep Sleep**, a interesting function of literary beauty that impulses with raw feelings, lies an unique journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that mesmerizing opus courses visitors on a psychological odyssey, gently exposing the latent possible and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is key subjects, dissect their fascinating writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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