

# SLEEP CYCLE

## STAGE 4 (DREAM & BRAIN ACTIVITY)

Rapid Eye Movement Phase. Most dreaming occurs during this phase. Your body will not be able to regulate its temperature. You may begin to feel hot or cold.

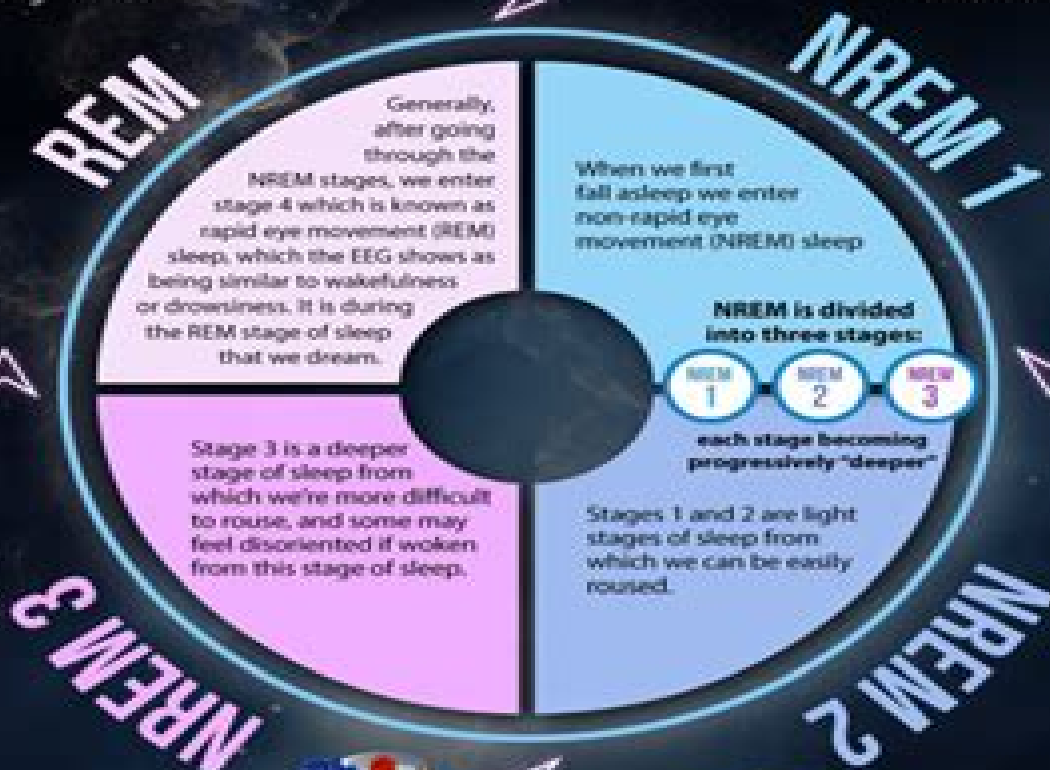


## STAGE 1 (LIGHT PHASE OF SLEEP)

Non Rapid Eye Movement Phase. You are just starting to fall asleep. You are floating and your mind begins to drift. You can wake easily during this stage.

Each cycle lasts around 1.5 hours and we need to experience all four stages in order to wake up rested

A good night's sleep consists of five or six cycles, whereas disturbed sleep consists of far fewer.



## STAGE 3 (DEEPER PHASE OF SLEEP)

This phase is characterized by Delta brain waves and a large increase in Human Growth Hormone (HGH). Your breathing will become deeper. Your body will repair and regrow tissue. Also, your immune system will strengthen. You may feel disoriented if woken during this stage.



## STAGE 2 (LIGHT PHASE OF SLEEP)

Your heart rate will slow down. Your body temperature will drop. Your eye movement stops. Your brain waves slow down. Almost 50% of your time asleep is in Stage 2.

# Deep Sleep

**Wenbin Ji**



**Deep Sleep:**

## Decoding **Deep Sleep**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Deep Sleep**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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