

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

JA Banks



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