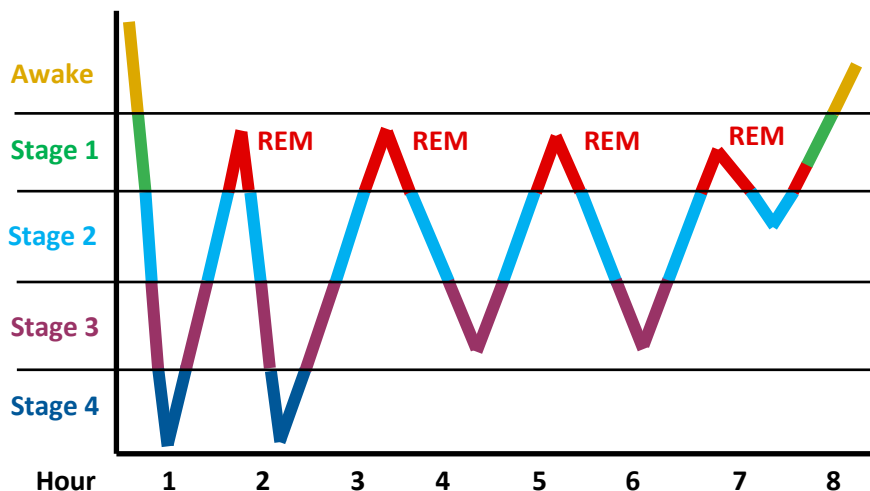


Sleep: The Basics

Stages of Sleep

- **Stage 1:** *drowsy state* between being awake and asleep. Most people waking from this stage report they were “drifting off” but not asleep. Function: helps your mind and body get ready for sleep
- **Stage 2:** *light sleep* where you may feel awake. Your muscles and body relax. Function: helps renew your energy
- **Stage 3 and Stage 4:** *deep sleep*. Hardest to wake from with lowest amount of activity in the body. Function: provides the brain and body with important rest. This is the most important stage of sleep.
- **REM (Rapid Eye Movement) sleep:** *dream sleep*. Your brain acts awake here, so more likely to wake from this stage. Function: your brain saves new information you learned into memory.



Sleep Cycles

- You get most of your Deep Sleep in the first half of the night and most of your Dream Sleep in the second half.
- Sleep grows lighter in the second half, so there is more of a chance of waking.

References:

Suni, E. (2020, August 14). *Stages of sleep* (N. Vyas, Ed.). Sleep Foundation. <https://www.sleepfoundation.org/articles/stages-of-sleep>