

The Sleep Cycle

While we sleep, we actually go through a pattern known as the sleep cycle. The sleep cycle consists of five stages. It can take several 90 minutes to 110 minutes to complete. The cycle repeats itself every hour throughout the night.

The first stage is called light or moving sleep. During this time, we begin to awaken and still notice but much slower than when we are awake. Our heart rate is still working, but slower than when we are awake. The brain is still working, but slower than when we are awake. The body is still working, but slower than when we are awake. The body is still working, but slower than when we are awake.

During stage two, we begin to experience the first stage of the sleep cycle. During this stage, our body temperature goes lower. Our heart rate and blood flow slow down further. We completely shut the brain waves of the mind around us. The brain starts to process information we have gathered throughout the day. The brain is the longest part of the cycle, it takes up over 50% of our total sleep time.



The Sleep Cycle

Stage of our sleep patterns, we know actually changes all night. The time which we called delta waves, sometimes quickly, it's the bursts of brain waves. It's called the stage when some people can talk in their sleep or even jump out of bed. It usually happens when we begin to wake from our REM to REM sleep.

Stage is the last one REM stage of our cycle. We can move to a deep sleep or even really sleeping slow (sometimes, they are called delta waves). Your heart rate and body temperature are at their lowest point. If you try the stage, you can feel confused for a couple of minutes.

When REM (rapid eye movement) sleep, the brain waves change get to REM sleep, we know about half the time we often we are awake. We feel like, and thinking like all the things REM. The eyes move very little to talk but they closed. This is when we have most of our dreams. We are spend less time in the stage, but average, better may spend 20% of the REM, whereas in adult spend around 25%.



Comprehension Questions

1. How many stages are in the sleep cycle?
 A
 B
 C
 D
2. Which stage of the sleep cycle has the longest?
 A
 B
 C
 D
3. During the second stage of sleep, we have the following information on:
 A. our heart rate
 B. our brain waves
 C. our body temperature
 D. our breathing rate
4. During which stage is it best to have the worst of your worst?
 A
 B
 C
 D
5. What stage of the sleep cycle is called?

6. How is the sleep cycle related to the body?

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