

# 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 many times 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 pumping, and our brain is still in control of the outside world as we are easily woken from this stage. Breathing is very even during this stage. Sometimes our muscles will contract, and we get the feeling of falling.

During stage two, we begin to prepare ourselves for deep sleep. Our eyes stop moving, and our body temperature gets lower. Our brain waves and heart rate slow down further. We completely shut the outside world as the outside world is processed information as slow as during this stage. The brain is the longest part of our cycle, it makes up over 50% of our total sleep time.



## The Sleep Cycle

Stage 1 of our sleep patterns, we begin actually changing cell signals. Our brain (which is called delta waves) starts to quickly differentiate between awake and asleep. The stage when some people can talk in their sleep is often dependent but usually happens when we begin to move from our REM to delta sleep.

Stage 2 is the first non-REM stage of our cycle. We can move to a deep sleep or even quickly change into REM sleep. They are called delta waves. Your heart rate and body temperature are at their lowest point. If you try this stage, you can feel confused for a couple of minutes.

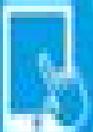
After REM (rapid eye movement) sleep, our brain waves change yet again. REM sleep, we begin to move and the waves in sleep are very similar to when we are awake. Our heart rate, and breathing rate all rise during REM. Our eyes move very quick to look but they closed. This is when we have most of our dreams, as we spend less time in this stage, for example, before we spend 80% of our REM, whereas in adult spend around 20%.



## Comprehension Questions

1. How many stages are in the sleep cycle?  
 4  
 5  
 6  
 7
2. Which stage of the sleep cycle has the longest?  
 1  
 2  
 3  
 4
3. During the deepest stage of sleep, we have the following symptoms are:  
 all the above points  
 all the symptoms  
 increased heart rate  
 increased breathing rate
4. During which stage is it best to wake a person awake?  
 1  
 2  
 3  
 4
5. What waves are delta waves called?  
\_\_\_\_\_
6. How is delta sleep different from REM?  
\_\_\_\_\_

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# Reading Comprehension Sleep Hacks Update

**Emilie Sanchez**



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## **Table of Contents Reading Comprehension Sleep Hacks Update**

1. Understanding the eBook Reading Comprehension Sleep Hacks Update
  - The Rise of Digital Reading Reading Comprehension Sleep Hacks Update
  - Advantages of eBooks Over Traditional Books
2. Identifying Reading Comprehension Sleep Hacks Update
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Reading Comprehension Sleep Hacks Update
  - User-Friendly Interface
4. Exploring eBook Recommendations from Reading Comprehension Sleep Hacks Update
  - Personalized Recommendations
  - Reading Comprehension Sleep Hacks Update User Reviews and Ratings
  - Reading Comprehension Sleep Hacks Update and Bestseller Lists
5. Accessing Reading Comprehension Sleep Hacks Update Free and Paid eBooks

- Reading Comprehension Sleep Hacks Update Public Domain eBooks
  - Reading Comprehension Sleep Hacks Update eBook Subscription Services
  - Reading Comprehension Sleep Hacks Update Budget-Friendly Options
6. Navigating Reading Comprehension Sleep Hacks Update eBook Formats
    - ePub, PDF, MOBI, and More
    - Reading Comprehension Sleep Hacks Update Compatibility with Devices
    - Reading Comprehension Sleep Hacks Update Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Reading Comprehension Sleep Hacks Update
    - Highlighting and Note-Taking Reading Comprehension Sleep Hacks Update
    - Interactive Elements Reading Comprehension Sleep Hacks Update
  8. Staying Engaged with Reading Comprehension Sleep Hacks Update
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Reading Comprehension Sleep Hacks Update
  9. Balancing eBooks and Physical Books Reading Comprehension Sleep Hacks Update
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Reading Comprehension Sleep Hacks Update
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Reading Comprehension Sleep Hacks Update
    - Setting Reading Goals Reading Comprehension Sleep Hacks Update
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Reading Comprehension Sleep Hacks Update
    - Fact-Checking eBook Content of Reading Comprehension Sleep Hacks Update
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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