

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 react 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 a turtle throughout the day. This time is the longest part of our cycle. It makes up over 50% of our total sleep time.



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The Sleep Cycle

Stage of our sleep patterns, we know actually changes all night. For this article, we called this second cycle as quickly, it'll be hard to figure out. It's not the stage when some people can talk in their sleep or when they snore. But usually happens when we begin to wake from our REM to REM sleep.

Stage is the first or REM stage of our cycle. We can move to a deep sleep or even really during this (sometimes, 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 (quick eye movement) sleep, our brain waves change get to REM sleep, we know about half the time or when we are awake. We feel like, and thinking like all the things REM. Our eyes move very little to talk but they closed. This is when we have most of our dreams. We are spend less time in this stage, for example, after we spend REM of try a REM, whereas in what spend around 20%.



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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 breathing rate
 D. our breathing rate
4. During which stage is it hard to wake a person awake?
 A
 B
 C
 D
5. What stage has the most waves?

6. How is the REM stage different from the other stages?

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