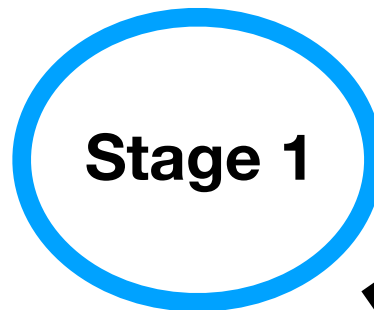
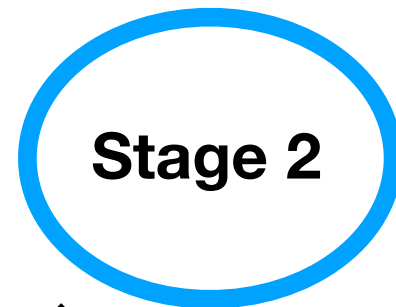


# **S5/A10** *Sleep-Cycle Diagram*

In stage 1 we experience a light transitional sleep. This is where drowsiness and sleep begin.



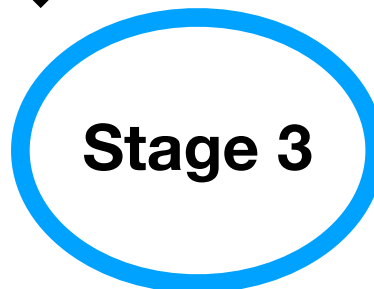
In stage 2 more stable sleep occurs. Chemicals produced in the brain block the senses making it difficult to be woken.



**90 – 120  
Minutes**



REM sleep revitalizes the memory. In this stage brain activity is very high and intense dreaming is likely to occur.



Stage 3 is deep sleep. Growth hormone is released during this stage. Most stage 3 sleep occurs in the first third of the night.

