



Five Stages of Sleep

Stage 1:

- Light sleep
- About 20 minutes
- Easy to wake

Stage 2

- Deeper sleep
- More difficult to wake
- Half of typical night's sleep

Stage 3

- Few minute transition time
- Slow wave, high frequency

Stage 4

- Deep sleep
- Muscle paralysis
- Very slow wave

Stage 5

- REM – rapid eye movement – sleep