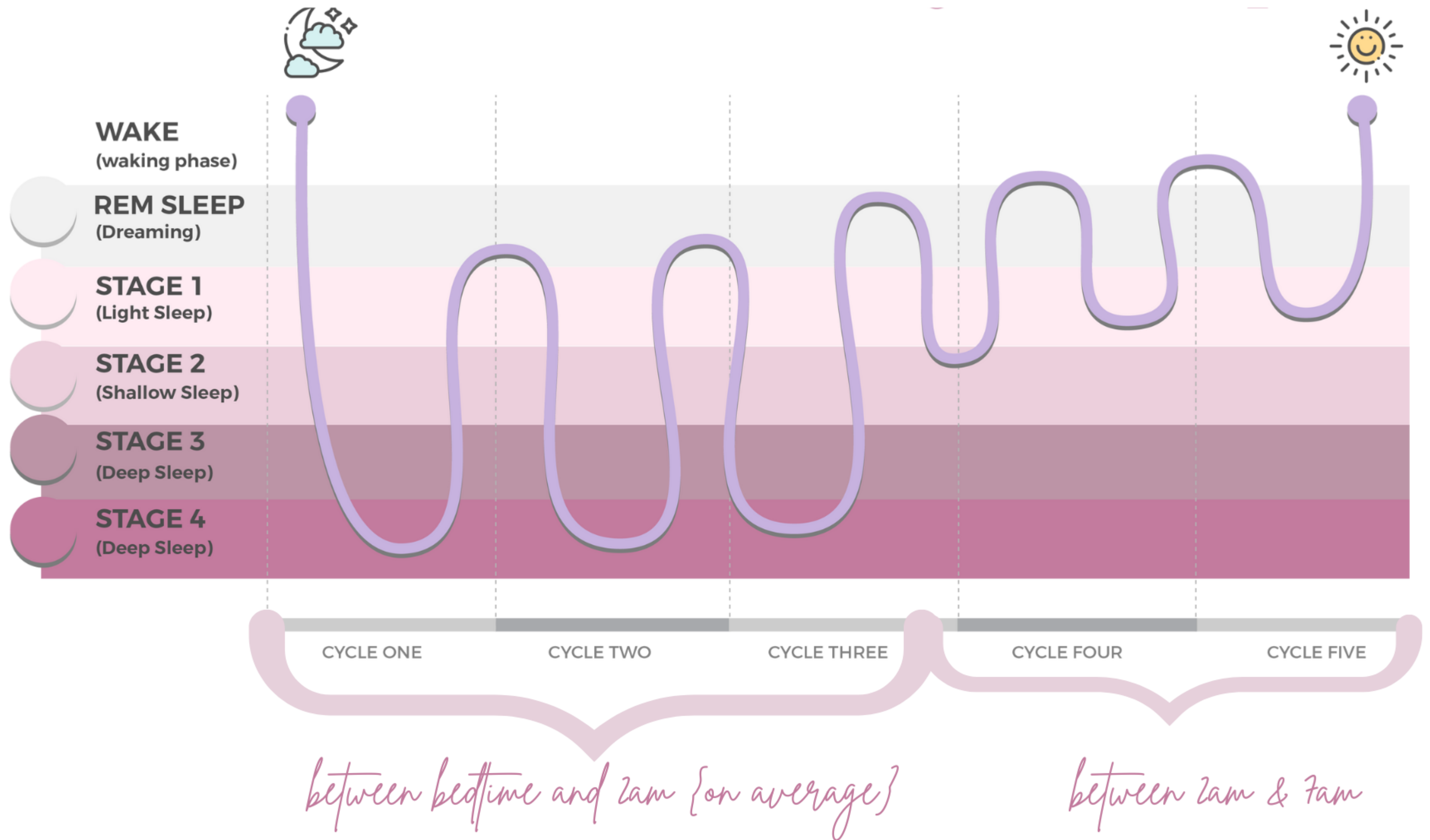


The Stages and Cycles of Sleep



REM Sleep: Brain is active / body relaxed / energy restored

Stage 1: Drowsy & awoken easily

Stage 2: Shallow sleep, awareness fades, body temperature lowers

Stage 3 & 4: Deep restorative sleep, the body is actively repairing