

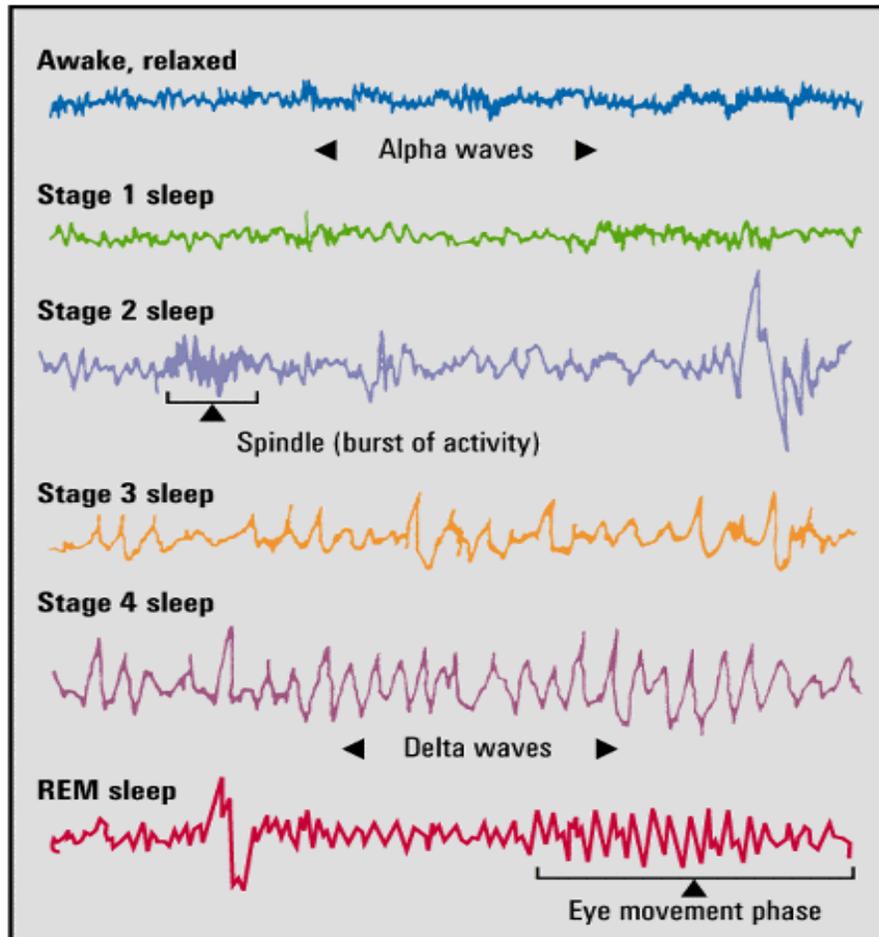
Sleep and Dreams

- Circadian Rhythm
 - the biological clock
 - regular bodily rhythms that occur on a 24-hour cycle, such as of wakefulness and body temperature

Sleep and Dreams

- REM (Rapid Eye Movement) Sleep
 - recurring sleep stage
 - vivid dreams
 - “paradoxical sleep”
 - muscles are generally relaxed, but other body systems are active
- Sleep
 - periodic, natural, reversible loss of consciousness

Brain Waves and Sleep Stages



- **Beta Waves**
 - While you are awake and conscious
- **Alpha Waves**
 - slow waves of a relaxed, awake brain (Stage 1)
- **Theta Waves**
 - Stage 2
 - Sleep Spinals also
- **Delta Waves**
 - large, slow waves of deep sleep
 - Stage 3 (only some)
 - Stage 4 (A lot, deep waves)
- **Hallucinations**
 - false sensory experiences

Stage 1



- Kind of awake and kind of asleep.
- Only lasts a few minutes, and you usually only experience it once a night.
- – You experience hallucinations, such as floating, weightlessness, knee jerks, etc.

Stage 2



- You are now actually asleep.
- Breathing and heart rate begin to decrease.

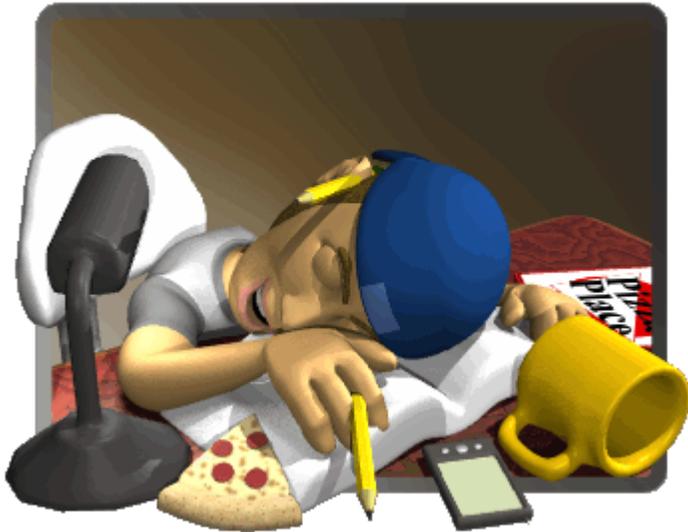
Stages 3 and 4

- Slow wave sleep.
- You produce Delta waves.
- If awoken you will be very groggy.
- Vital for restoring body's growth hormones and good overall health.



From stage 4, your brain begins to speed up and you go to stage 3, then 2....then

REM Sleep



- Rapid Eye Movement
- Often called paradoxical sleep.
- Brain is very active.
- Dreams usually occur in REM.
- Body is essentially paralyzed.
- REM Rebound

