Stages of Sleep Analogy

• Individually on a piece of blank 8.5 x 11 paper.

• Create an analogy of the five stages of sleep (ie; the stages of sleep are like a rollercoaster that rises and falls).

• Explain the brain waves and what is happening in each stage of sleep in a few sentences per stage.

• Be sure to label all stages and color your sleep stages drawing.

• Include a title or analogy description too... rollercoaster etc.

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