

The Sleep Cycle

While we sleep, we actually go through a pattern known as the sleep cycle. The sleep cycle consists of five stages. It can take around 90 minutes to enter the first stage. The cycle repeats itself many times throughout the night.

The first stage is called light or moving sleep. During this time, our eyes and muscles are still active but much slower than when we are awake. Our heart rate and breathing also slow down. We can be aware of the sounds around us. We are easily woken from this stage. Breathing is very slow during this stage. Sometimes our muscles will contract, and we get the feeling of falling.

During stage two, our bodies prepare themselves for deep sleep. Our eyes stop moving, and our body temperature gets lower. Our brain waves and heart rate slow down further. We completely shut the outside sources of the sounds around us. The brain starts to process information we have gathered throughout the day. This leads to be the longest part of our cycle. It makes up over 50% of our total sleep time.



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During our sleep patterns, we have actually changed yet again. Our sleep (which we called delta waves) is now replaced by different kinds of brain waves. It is also the stage when some people can talk in their sleep or even sleepwalk. But usually happens when our cycle moves from one state to the next sleep.

Stage 3 is the first real REM stage of our cycle. We can move to a deep sleep. Our muscles totally stop moving (remember, they are called delta waves). Our heart rate and body temperature are at their lowest points. If you wake from stage 3, you can feel confused for a couple of minutes.

After REM (rapid eye movement) sleep, our bodies start to change yet again. REM sleep, we have almost lost the ability to when we are awake. Our heart rate, and breathing rate all rise during REM. Our eyes move very much to what they sleep about. This is when we have most of our dreams. We can spend less time in this stage, for example, babies may spend 50% of sleep in REM, whereas an adult spends around 20%.



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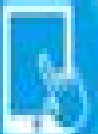
The Sleep Cycle

Comprehension Questions

- How many stages are in the sleep cycle?
☐ 4
☐ 5
☐ 6
☐ 7
- Which stage of the sleep cycle lasts the longest?
☐ 1
☐ 2
☐ 3
☐ 4
- During the fourth stage of sleep, our heart rate and body temperature are:
☐ at their highest point
☐ at their lowest point
☐ increased from the first stage
☐ decreased from the REM stage
- During which stage do we have the most of our dreams?
☐ 1
☐ 2
☐ 3
☐ 4
- What source does stage three come called?

- How is delta sleep and REM sleep different?

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Sleep Hacks Reading Comprehension In The Us

Jin-Ying Zhang



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Skills Handbook Stella Cottrell,2024-06-13 This is the ultimate guide to study skills written by million copy bestselling author Stella Cottrell Her tried and tested approach based on over 20 years experience of working with students has helped over a million students to achieve their potential When it comes to studying there is no one size fits all approach This engaging and accessible guide shows students how to tailor their learning to their individual needs in order to boost their grades build their confidence and increase their employability Fully revised for the sixth edition it contains everything students need to succeed This is an invaluable resource for undergraduate students of all disciplines and is also ideal for postgraduates mature students and international students It prepares students for what to expect before during and after their studies at university New content in this edition helps students make the most of online learning with a new self evaluation page and more on working collaboratively online This edition includes support tailored for students on hybrid asynchronous or distance learning courses as well as more material on building study stamina and improving concentration

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technology It differs in its execution and engagement of this critical subject that impacts all our lives **Reading for Living**
Series William Henry Burton,1950 **The Philadelphia Repertory** ,1811 **American Square Dance** ,1989 “The”
Fortnightly Review ,1883 *The Elocutionist's Journal* ,1877 **The Missouri Review** ,2016 The Wall Street Journal
,2009 *The Encyclopædia Britannica* ,1910 *Animals* ,1906 **The Encyclopædia Britannica** Hugh Chisholm,1910
Pearson's Magazine ,1910 **The Chicago Legal News** ,1909 *The Welsh Outlook* ,1918

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