

The 4 stages of sleep.

STAGE 1: Very light sleep.

The short period when you drift off to sleep.

Heart rate, brain waves, and breathing slow down.

Muscles relax.

STAGE 2: Light sleep.

Heart rate, breathing, and muscles relax even more.

Brain activity slows down.

Body temperature drops.



STAGE 4: REM (Rapid Eye Movement) sleep.

When most of your dreaming happens.

Brain is active and eyes move quickly.

Muscles go limp to keep you from acting out your dreams.

STAGE 3: Deep sleep.

The rejuvenating sleep you need to feel refreshed in the morning.

Heart rate, brain waves, and breathing are at their lowest.

Muscles are fully relaxed.

Understanding Sleep And Dreaming

Jiyuan Zhang



Understanding Sleep And Dreaming:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Understanding Sleep And Dreaming**

In a global inundated with displays and the cacophony of instant conversation, the profound power and mental resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the regular barrage of noise and distractions. However, set within the lyrical pages of **Understanding Sleep And Dreaming**, a charming work of literary splendor that impulses with fresh thoughts, lies an remarkable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus courses visitors on a psychological odyssey, delicately revealing the latent potential and profound influence stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main styles, dissect their fascinating writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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