

# The **4** STAGES OF SLEEP



## **AWAKE STAGE**

- ◆ The time in your bed, before and after actual sleep
- ◆ Includes the time you wake up in your sleep



## **LIGHT SLEEP STAGE (NREM 1+2)**

**Starts light and intensifies into deeper stages**

- ◆ Muscles loosen and may jerk
- ◆ Breathing slows down
- ◆ Decrease in heart rate
- ◆ Drop in body temperature
- ◆ Slipping into sleep/transitioning between sleep cycles
- ◆ Easy to awaken



## **DEEP SLEEP STAGE (NREM 3+4)**

**Body restored through deep sleep**

- ◆ Drop in BP
- ◆ Aides muscle growth and body repair by
  - a) Increasing blood flow to muscles
  - b) Secretion of growth hormone
  - c) Cell repair and tissue growth
- ◆ Brain takes out waste and exhibits long, slow brain waves
- ◆ Hard to be woken up and groggy/disoriented if awakened



## **REM SLEEP STAGE (REM)**

**Mind re-energised during REM**

- ◆ Respiration and heart rate increase
- ◆ No regulation of body temperature
- ◆ Occurrence of vivid dreams
- ◆ Body becomes immobilised to prevent acting out the dreams
- ◆ Boosts memory, learning and problem solving

# Sleep Sleep Sleep

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## **Sleep Sleep Sleep:**

The Promise of Sleep William C. Dement, 2000-03-07 Sleep better live longer with the groundbreaking information and step by step program in this revolutionary book Healthful sleep has been empirically proven to be the single most important factor in predicting longevity more influential than diet exercise or heredity And yet we are a sleep sick society ignorant of the facts of sleep and the price of sleep deprivation In this groundbreaking book based on decades of study on the frontiers of sleep science Dr William Dement founder and director of the Stanford University Sleep Research Center explains what happens when we sleep when we don t and how we can reclaim the most powerful and underrated health miracle of all Taking us on a fascinating tour of our sleeping body and mind Dr Dement reveals the price we have paid for ignoring sleep an epidemic of heart disease 33 percent of traffic fatigue related accidents and immeasurable mental and psychological disadvantages And he offers a hands on prescription for vibrant good health and longevity including self tests to determine how much sleep you really need the role of prescription and over the counter sleeping aids the latest research on how sleep affects the immune system how to combat insomnia snoring and jet lag plus information on sleep disorder clinics nationwide Web sites and more Taking readers on a fascinating tour of our sleeping body and mind Dr William C Dement reveals the price paid for ignoring sleep an epidemic of heart disease traffic fatigue related accidents responsible for a full third of all traffic accidents and immeasurable mental and psychological disadvantages Offering a hands on prescription for vibrant good health and longevity THE PROMISE OF SLEEP includes self tests to determine how much sleep you really need full information on the role of prescription and over the counter sleeping aids the latest research on how sleep affects the immune system helpful methods for combating insomnia snoring and jet lag plus information on sleep disorder clinics nationwide sleep disorder Web sites and more Sleep and Movement Disorders Sudhansu Chokroverty, Richard P. Allen, Arthur S. Walters, Pasquale Montagna, 2013-08-15 Sleep disorders and movement disorders are inter connected areas of neurology and this comprehensive text examines the relationship the basic science and the latest advances in treatment

**Seven Days to a Perfect Night's Sleep** Debra L. Gordon, 2003-04-15 Supplies readers with the information necessary for a good night s sleep including tips for dieting exercise herbal supplements and reducing snoring Hankey's Clinical Neurology, Second Edition Philip B. Gorelick, Fernando Testai, Graeme Hankey, Joanna M. Wardlaw, 2014-01-15 Since the publication of the highly successful first edition there has been an explosion of rigorous scientific evidence for interventions in clinical neurology Hankey s Clinical Neurology Second Edition is fully updated to accommodate the latest advancements in clinical neuroscience Designed for students of clinical neurology neurologists in training and practicing neurologists who need ready access to a comprehensive evidence based guide to new and notable neurologic disorders the Second Edition Contains a chapter solely dedicated to sleep disorders Introduces a section on neuro ophthalmology within the cranial neuropathies chapter Reflects a more global approach as each chapter is written by an international expert in the field

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**The Gift of Sleep** Bolton Hall,1911

**Racism and African American Mental Health** Janeé M. Steele,2024-09-05 Racism and African American Mental Health examines the psychological impacts of racism within the African American community and offers a culturally adapted model of cognitive behavior therapy for more culturally relevant case conceptualization and treatment planning with this population Readers of this text will gain a greater understanding of how manifestations of racism contribute to the development of psychological distress among African Americans and learn specific strategies to address the negative automatic thoughts and maladaptive beliefs that develop in response to racism Reflection questions and guided practice are incorporated throughout the text to assist readers with application of the strategies discussed in their own clinical settings

**Sleep** Carlos Schenck,2007 The average adult will spend more than 200 000 hours sleeping in a lifetime the equivalent of more than 8 000 days Yet research has only just begun to decode the mysteries behind what really happens when we sleep Now Dr Carlos Schenck one of the most prominent sleep doctors and researchers in the country takes us on an extraordinary journey into the mechanisms of sleep and what can go wrong Dr Schenck explains and then offers solutions for the most common sleep disorders insomnia restless legs syndrome sleep apnea and more But what sets this book apart is the fascinating new insights Schenck offers from the cutting edge science that he and other researchers have pioneered in identifying understanding and explaining the realm of parasomnias mysterious more extreme sleep disorders such as sleep terrors sleepwalking dream enactment sleep violence sleep related eating disorder sexsomnia sleep paralysis which affect at least 10 percent of Americans

**How to Sleep Well** Neil Stanley,2018-08-27 It has never been more important to sleep well Stop sabotaging your own sleep and finally wake up energised and refreshed How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully Whether you struggle to fall asleep sleep too lightly wake too often or simply cannot wake up this book can help you get on track to sleeping well and living better It all starts with the science of sleep how much you really need what your body does during sleep and the causes behind many common sleep problems Next you ll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact whether the pressure of workplace or you simply cannot quiet your own mind these expert tips and tricks will help you get the sleep you need Finally you ll learn how to support healthy sleep during the waking hours what works with or against your sleep and you ll learn when the problem might be best dealt with by your GP Don t spend another restless night waiting for a bleary groggy morning and sleepy day Take control of your sleep tonight Learn how sleep or a lack thereof affects every aspect of your life Identify the root causes

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**Sleep Research** ,1982 **Why We Sleep** Matthew Walker,2018 Sleep is one of the most important aspects of our life health and longevity and yet it is increasingly neglected in twenty first century society with devastating consequences every major disease in the developed world Alzheimer s cancer obesity diabetes has very strong links to deficient sleep In this book the first of its kind written by a scientific expert Professor Matthew Walker explores twenty years of cutting edge research to solve the mystery of why sleep matters Looking at creatures from across the animal kingdom as well as major human studies Why We Sleep delves in to everything from what really happens in our brains and bodies when we dream to how caffeine and alcohol affect sleep and why our sleep patterns change across a lifetime transforming our appreciation of the extraordinary phenomenon that safeguards our existence

**The Science of Sleep** Wallace B. Mendelson,2018-02-14 Attractive artistic informative engaging and lucidly written Mendelson provides an excellent introduction to sleep science and sleep medicine Sleep and Vigilance We often hear that humans spend one third of their lives sleeping and most of us would up that fraction if we could Whether we re curling up for a brief lunchtime catnap catching a doze on a sunny afternoon or clocking our solid eight hours at night sleeping is normally a reliable way to rest our heads and recharge our minds And our bodies demand it without sufficient sleep we experience changes in mood memory loss and difficulty concentrating Symptoms of sleep deprivation can be severe and we know that sleep is essential for restoring and rejuvenating muscles tissue and energy And yet although science is making remarkable inroads into the workings and functions of sleep many aspects still remain a mystery In The Science of Sleep sleep expert Wallace B Mendelson explains the elements of human sleep states and explores the variety of sleep disorders afflicting thousands of people worldwide Mendelson lays out the various treatments that are available today and provides a helpful guide for one of life s most important activities By offering the first scientific yet accessible account of sleep science Mendelson allows readers to assess their personal relationships with sleep and craft their own individual approaches to a comfortable and effective night s rest Addressing one of the major public health issues of the day with cutting edge research and empathetic understanding The Science of Sleep is the definitive illustrated reference guide to sleep science [Library of Congress Subject Headings](#) Library of Congress,2010 **Third reader** Arthur Edward Johnstone,1913 [Understanding Sleep and Dreaming](#) William H. Moorcroft,2013-03-25 An updated edition of Moorcroft s 2003 volume this new work reflects recent scientific advances in the area of sleep and disorders As in the previous book Understanding Sleep and Dreaming this new

edition serves as a compact overview for now sleep experts covering physiological sleep mechanisms brain function psychological ramifications of sleep dimensions of dreaming and clinical disorders associated with sleep It is accessibly written with specially boxed material that enhances the text It also offers a good foundation for those who will continue sleep studies while at the same time offering enough information for those who will apply this knowledge in other ways such as clinicians private practices or researchers It is an excellent text for courses on sleep at the undergraduate and graduate levels The section on sleep labs will show how computers have replaced former models of data collection and storage includes the new area of the genetics of sleep add a new box on teen sleep insert a new box on the emerging information about how technology use affects sleep emphasize the controversy over rampart wide spread sleep deprivation and include a new box covering the connection between sleep loss and weight gain Additional inclusions might incorporate current hot topics such as the effect of shift work on sleep sleep problems in adolescents and nightmare treatment for people suffering from PTSD

**Catholic World** ,1896 *Sleep Disorders* Robert Leon Williams, Ismet Karacan, 1978 Sections cover classification and diagnosis primary sleep disorders disorders of the sleep wake cycle disorders secondary to other psychiatric and mental conditions and pharmacotherapy Each chapter deals with a particular medical specialty or disease entity Topics covered include interactions between sleep and pathological states drug effects EEG profiles metabolic endocrine changes in the elderly Annotation copyrighted by Book News Inc Portland OR *Everyland* ,1919 First - Reader Maude Parmly, 1914 *The Musical Times and Singing-class Circular* ,1915 Library of Congress Subject Headings Library of Congress. Cataloging Policy and Support Office, 2004

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