

WHAT HAPPENS WHEN WE SLEEP?



1 STAGE
LIGHT SLEEP
CAN BE EASILY
AWAKENED.



5 STAGE
REM
BREATHING IS MORE
RAPID & IRREGULAR



2 STAGE
EYE MOVEMENT &
BRAIN WAVES
SLOWING DOWN



3 STAGE
MODERATE SLEEP
DELTA WAVES
BEGIN TO APPEAR



4 STAGE
DEEP SLEEP
DIFFICULT TO
WAKE UP



What Happens When We Sleep

Y Pai



What Happens When We Sleep:

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