

What Are The 4 Stages Of Sleep?

A cycle of sleep occurs when all four stages are completed. We need about 4-6 cycles per night.



Falling Asleep

1

This stage of sleep is where we transition from being awake to sleep.

At this stage lasts for about 10 minutes and we can be easily awakened.



Light Sleep

2

During this stage our body temperature drops slightly but our breathing is the same as when we are awake.

We are in light sleep for about 20 minutes



NREM Deep Sleep

3

Non Rapid Eye Movement sleep is when your muscles relax and your breathing rate drops.

This is the stage where we get the deep sleep we need.



REM Sleep

4

Rapid Eye Movement is the stage of sleep where we dream and well... our eyes move rapidly.

Our body becomes immobilized and very relaxed but the brain is very active.