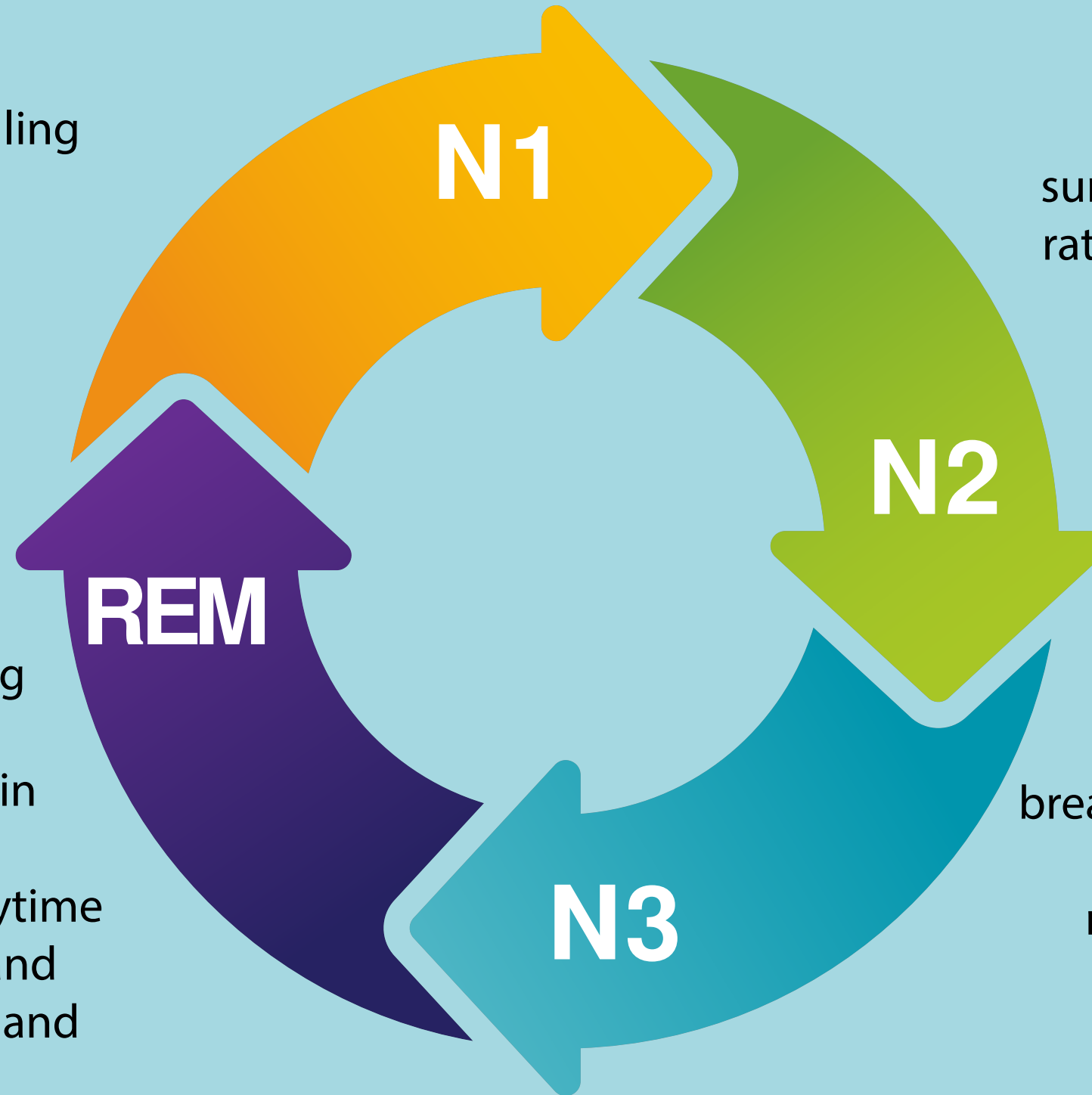


Human Sleep Cycle

Repeats every 90 minutes

Between being awake and falling asleep, light sleep.

Onset of sleep, disengage from surroundings, breathing and heart rate are regular, body temperature drops.



Occurs 90 minutes after falling asleep, and recurs every 90 minutes, getting longer later in the night. Provides energy to brain and body, supports daytime performance, brain is active and dreams occur, eyes dart back and forth, body is immobile.

Deepest and most restorative sleep, blood pressure drops, breathing becomes slower, muscles are relaxed, tissue growth and repair occurs, energy is restored, HGH is released.

