PHASES OF **SLEEP**

STAGE 1 NREM 1 | TRANSITION FROM WAKEFULNESS TO SLEEP. IT IS A RELATIVELY LIGHT STAGE OF SLEEP WHERE YOUR MUSCLE ACTIVITY SLOWS DOWN.

STAGE 2 NREM 2 | YOUR BREATHING AND HEART RATE BEGIN TO SLOW DOWN. YOUR BODY TEMPERATURE DECREASES AND EYE MOVEMENTS STOP.

STAGE 3 NREM 3 | DEEP SLEEP BEGINS. THE BRAIN GENERATES DELTA WAVES AND YOUR MUSCLE ACTIVITY IS LIMITED.

STAGE 4 REM SLEEP | BRAIN WAVES BEGIN TO SPEED UP AND YOUR HEART RATE DECREASES. THIS STAGE IS WHERE THE MAJORITY OF DREAMS OCCUR.

HUMAN PERFORMANCE PROJECT
Illinois

THIS WAS DEVELOPED AND FUNDED IN WHOLE AND OR PART, BY GRANTS FROM THE ILLINOIS DEPARTMENT OF HUMAN SERVICES AND SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION. THE VIEWS, OPINIONS, AND CONTENT OF THIS PUBLICATION ARE THOSE OF THE AUTHORS AND CONTRIBUTORS, AND DO NOT NECESSARILY REFLECT THE VIEWS, OPINIONS, OR POLICIES OF IDHS, SAMSHA, OR HHS, AND SHOULD NOT BE CONSTRUED AS SUCH.