

The Sleep Cycle

When we sleep, we follow a regular pattern known as the sleep cycle. The sleep cycle consists of four stages. It can take around 90 minutes to 100 minutes to complete. The cycle repeats itself many times throughout the night.

The first stage is when a person is falling asleep. During this time, the eyes are usually open, but much slower than when we are awake. The heart rate is also slower, and breathing is also slower. By the end of this stage, we are fully asleep from this stage. During this stage, we dream. We dream in short bursts, and we get the feeling of falling.

During this time, our bodies prepare themselves for sleep. Our eyes are closed, and body temperature goes down. The heart rate and breathing rate also decrease. Our body is completely relaxed. The second stage of the sleep cycle is the most time to process information, as this is when thoughts begin to form. This is the longest part of our sleep. It makes up over 50% of our total sleep time.



The Sleep Cycle

Diagram of our sleep patterns, we have activity changes of sleep. The four phases are called sleep stages and are separated by the times of our sleep. It is also the stages when our body can take other things or even doze off, but we only happen when our body wakes from our sleep in some sleep stages. The first two sleep stages of our sleep. We are now in a deep sleep. We are mostly sleeping this (somewhat). They are called slow waves. Our heart rate and body temperature are at their lowest points of going this sleep you can feel relaxed for a couple of minutes.

During REM (rapid eye movement) sleep, the brain waves change again. It is also deep, but this time when we are under the slow waves, and breathing lots of air. During REM the eyes move very quickly but they are closed. This is when our brain uses all of our dreams. It can speed their time in the stage. For example, babies sleep spend lots of time in REM whereas an adult spends around 20%.

Comprehension Questions

1. How many stages are there in the sleep cycle?

- 1
- 2
- 3
- 4
- 5

2. Which stage of the sleep cycle has the longest?

- 1
- 2
- 3
- 4
- 5

3. During the first sleep stage, our heart rate and temperature are:

- a) the highest point
- b) the lowest point
- c) increasing from the lowest point
- d) decreasing from the highest point

4. During which sleep stage do we have the most dreams?

- 1
- 2
- 3
- 4
- 5

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