

The Sleep Cycle

While we sleep, we actually go through a pattern known as the sleep cycle. The sleep cycle consists of five stages. It can take around 90 minutes to enter the first stage. The cycle repeats itself many times throughout the night.

The first stage is called light or moving sleep. During this time, our eyes and muscles are still active but much slower than when we are awake. Our heart rate and breathing also slow down. We can be aware of the sounds around us. We are easily woken from this stage. Breathing is very slow during this stage. Sometimes our muscles will contract, and we get the feeling of falling.

During stage two, our bodies prepare themselves for deep sleep. Our eyes stop moving, and our body temperature gets lower. Our brain waves and heart rate slow down further. We completely lose the feeling of the sounds around us. The brain starts to process information we have gathered throughout the day. This time is the longest part of our cycle. It makes up over 50% of our total sleep time.



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The Sleep Cycle

During our sleep patterns, we have actually changed yet again. Our sleep (which is called delta waves) is controlled by different levels of brain waves. It is also the stage when some people can talk in their sleep or even sleepwalk. But usually happens when our cycle moves from one stage to the next stage.

Stage 3 is the first real delta stage of our cycle. We can move to a deep sleep. Our senses mostly change slow (remember, they are called delta waves). Our heart rate and body temperature are at their lowest points. If you try this stage, you can feel confused for a couple of minutes.

When REM (rapid eye movement) sleep, our bodies start to change yet again. REM sleep, we have almost lost the ability to when we are awake. Our heart rate, and breathing rate all rise during REM. Our eyes move very much to what we are seeing. This is when we have most of our dreams. We can spend less time in this stage, for example, babies may spend 50% of sleep in REM, whereas an adult spends around 20%.



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The Sleep Cycle

Comprehension Questions

1. How many stages are in the sleep cycle?
☐ 4
☐ 5
☐ 6
☐ 7
2. Which stage of the sleep cycle has the longest?
☐ 1
☐ 2
☐ 3
☐ 4
3. During the fourth stage of sleep, our heart rate and body temperature are:
☐ at their highest point
☐ at their lowest point
☐ increased from the first stage
☐ decreased from the fifth stage
4. During which stage do we have the most of our dreams?
☐ 1
☐ 2
☐ 3
☐ 4
5. What waves are brain waves called?

6. How is REM sleep different from other stages?

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