

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

The graph illustrates the sleep cycle with four distinct stages:

- Stage 1:** Falling asleep. The graph shows a sharp dip from a high baseline.
- Stage 2:** Deep sleep. The graph shows a flat line at a low level.
- Stage 3:** Light sleep. The graph shows a slight upward trend.
- Stage 4:** Dreaming. The graph shows a sharp upward peak.

Below the graph, there is a section titled "Sleep Cycle Stages" with the following text:

During our sleep patterns, we have activity changes of sleep. The four stages are called sleep cycles and are repeated by the body of four stages. It is also the stages when our body can take this time to rest deeply. But we only happen when we sleep more than our body is tired. The first stage is the first one in the sleep cycle. We are now in a deep sleep. We are really sleeping now (unconscious). 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 the second stage of sleep, the brain waves change again. It is deep sleep, and heart rate and the rate in which we are under the slow waves, and breathing lots of time during this. The eyes move slowly to make the body move. This is when our brain starts to work. It can speed the time in the stage. For example, babies sleep much less of time in REM sleep than an adult spends around 20%.

Comprehension Questions

1. How many stages are there in a 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 stage of sleep, our heart rate and temperature are:

- 1. the highest point
- 2. the lowest point
- 3. increase from the baseline
- 4. decrease from the baseline

4. How many stages are in one full cycle of sleep?

- 1. 2
- 2. 3
- 3. 4
- 4. 5

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Reading Comprehension Sleep Hacks Update

Christopher Black, Mark Anestis

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