Stages of Sleep

NREM-1
It is a transition stage between wakefulness to sleep.
It usually lasts between one to seven minutes.
It many times is called the light sleep stage, drowsy sleep or “half-awake, half-asleep” stage.
The person may show sudden twitches or hypnic jerks (positive myoclonus) - a reflex muscle contraction
throughout the body.
The EEG pattern - it is marked by the beginning presence of theta waves, which are lower in amplitude and
frequency than alpha waves.
Someone in NREM-1 is fairly easy to awaken.
Many individuals who are aroused from NREM-1 report they were awake.

NREM-2
It is considered the onset of true sleep as person becomes disengaged from their surroundings.
Someone awakened from NREM-2 reports having been asleep.
The EEG pattern - displays high frequency bursts of brain activity called sleep spindles (theta waves are
prominent) and K-complexes.
Near the end of NREM-2, delta waves may begin to show.
The person’s muscle tension, heart rate, respiration, and temperature start to decline.
The person’s eyes move slowly from side to side.
Comprises 45-55% of total sleep for adults.

NREM-3
The person’s muscle tension, heart rate, respiration, and temperature continue to decline.
It is also called delta sleep or slow wave sleep (SWS).
The EEG pattern - displays high amplitude and very low frequency (delta waves).
It is considered the deepest stage of sleep, as it the most difficult to wake someone from.
Sleepwalking, bed wetting and sleep talking usually present in this stage.
Children with night terrors tend to have them in this stage.
Most people who do wake at this time don’t remember the experience or waking up.

REM Sleep
It makes up approximately 20-25% of a person’s (adult) sleep time.
The person’s eye move rapidly back and forth.
The EEG pattern - displays fast frequency and low amplitude which looks just like beta waves (beta waves
normally occur when a person is awake).
It is often called paradoxical sleep.
Heart rate and blood pressure have increases sometimes twice as high as non-REM sleep.
The person loses muscle tension and movement (thought to be so we do not act out our dreams).
Most dreams are reported during REM sleep, though some people report dreams in NREM-3.
The REM rebound - if a person is deprived of REM sleep during a night, their REM sleep increases the next
night.