

The 4 STAGES OF SLEEP



AWAKE STAGE

- ◆ The time in your bed, before and after actual sleep
- ◆ Includes the time you wake up in your sleep



LIGHT SLEEP STAGE (NREM 1+2)

Starts light and intensifies into deeper stages

- ◆ Muscles loosen and may jerk ◆ Breathing slows down
- ◆ Decrease in heart rate ◆ Drop in body temperature
- ◆ Slipping into sleep/transitioning between sleep cycles
- ◆ Easy to awaken



DEEP SLEEP STAGE (NREM 3+4)

Body restored through deep sleep

- ◆ Drop in BP
- ◆ Aides muscle growth and body repair by
 - a) Increasing blood flow to muscles
 - b) Secretion of growth hormone
 - c) Cell repair and tissue growth
- ◆ Brain takes out waste and exhibits long, slow brain waves
- ◆ Hard to be woken up and groggy/disoriented if awakened



REM SLEEP STAGE (REM)

Mind re-energised during REM

- ◆ Respiration and heart rate increase
- ◆ No regulation of body temperature
 - ◆ Occurrence of vivid dreams
- ◆ Body becomes immobilised to prevent acting out the dreams
- ◆ Boosts memory, learning and problem solving

Sleep Sleep Sleep

Sandi Mann



Sleep Sleep Sleep:

Sleep and Movement Disorders Sudhansu Chokroverty, Richard P. Allen, Arthur S. Walters, Pasquale Montagna, 2013-08-15 Sleep disorders and movement disorders are inter connected areas of neurology and this comprehensive text examines the relationship the basic science and the latest advances in treatment **The Promise of Sleep** William C. Dement, 2000-03-07 Sleep better live longer with the groundbreaking information and step by step program in this revolutionary book Healthful sleep has been empirically proven to be the single most important factor in predicting longevity more influential than diet exercise or heredity And yet we are a sleep sick society ignorant of the facts of sleep and the price of sleep deprivation In this groundbreaking book based on decades of study on the frontiers of sleep science Dr William Dement founder and director of the Stanford University Sleep Research Center explains what happens when we sleep when we don t and how we can reclaim the most powerful and underrated health miracle of all Taking us on a fascinating tour of our sleeping body and mind Dr Dement reveals the price we have paid for ignoring sleep an epidemic of heart disease 33 percent of traffic fatigue related accidents and immeasurable mental and psychological disadvantages And he offers a hands on prescription for vibrant good health and longevity including self tests to determine how much sleep you really need the role of prescription and over the counter sleeping aids the latest research on how sleep affects the immune system how to combat insomnia snoring and jet lag plus information on sleep disorder clinics nationwide Web sites and more Taking readers on a fascinating tour of our sleeping body and mind Dr William C Dement reveals the price paid for ignoring sleep an epidemic of heart disease traffic fatigue related accidents responsible for a full third of all traffic accidents and immeasurable mental and psychological disadvantages Offering a hands on prescription for vibrant good health and longevity THE PROMISE OF SLEEP includes self tests to determine how much sleep you really need full information on the role of prescription and over the counter sleeping aids the latest research on how sleep affects the immune system helpful methods for combating insomnia snoring and jet lag plus information on sleep disorder clinics nationwide sleep disorder Web sites and more **ACCP 2008 Sleep Medicine Board Review Syllabus Book** , *Racism and African American Mental Health* Janeé M. Steele, 2024-09-05 Racism and African American Mental Health examines the psychological impacts of racism within the African American community and offers a culturally adapted model of cognitive behavior therapy for more culturally relevant case conceptualization and treatment planning with this population Readers of this text will gain a greater understanding of how manifestations of racism contribute to the development of psychological distress among African Americans and learn specific strategies to address the negative automatic thoughts and maladaptive beliefs that develop in response to racism Reflection questions and guided practice are incorporated throughout the text to assist readers with application of the strategies discussed in their own clinical settings *The Little Book of Sleep* Lisa Dyer, 2021-10-14 The Little Book of Sleep has all the information you need to enhance your life with a good night s sleep How much sleep is normal

What might be preventing you from sleeping well This trusty tome deals with both of these questions and more The Little Book of Sleep shows which foods are over stimulating and which are calming looks at dreams and what they mean provides advice on surviving long plane journeys and avoiding the dreaded jetlag and ends with a few sleepy myths that will have you nodding off in no time Top Tips to Ease the Stress There are some ways to make shift work more bearable 1 When you are working make sure the light is bright and when you are meant to be sleeping make sure the room is dark 2 Don t wait until the night you start your shift to change sleeping patterns Try to go to bed a little later each night in order to anticipate the change it will make to your wake sleep patterns 3 Eat proper meals and don t resort to convenience food and alcohol to help you wind down You will cope better if you eat nourishing food

Hankey's Clinical Neurology, Second Edition Philip B. Gorelick, Fernando Testai, Graeme Hankey, Joanna M. Wardlaw, 2014-01-15 Since the publication of the highly successful first edition there has been an explosion of rigorous scientific evidence for interventions in clinical neurology Hankey s Clinical Neurology Second Edition is fully updated to accommodate the latest advancements in clinical neuroscience Designed for students of clinical neurology neurologists in training and practicing neurologists who need ready access to a comprehensive evidence based guide to new and notable neurologic disorders the Second Edition Contains a chapter solely dedicated to sleep disorders Introduces a section on neuro ophthalmology within the cranial neuropathies chapter Reflects a more global approach as each chapter is written by an international expert in the field Delivers expanded coverage of degenerative diseases of the nervous system with sections on dementias Parkinson s disease and Parkinsonian syndromes and hereditary ataxias Includes 440 all new high quality illustrations ranging from anatomical drawings to clinical photographs and pathology specimens with many images taken with permission from the authors own patients The structured text integrates presentation pathology radiology diagnosis and treatment options to provide a practical patient oriented examination of clinical neurology

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The Little Book of Sleep Nerina Ramlakhan,2025-02-13 What does it mean to get a good night s sleep It s not just about quantity It s about getting the right type and quality of sleep To sleep deeply we need to live deeply This means that we need to reconnect with ourselves and our inner stillness It s not surprising that in the Western world practices such as yoga and mindfulness have become popular as more people seek inner peace and grounding to counterbalance the frenetic pace of life The kind of sleep where

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