

The Sleep cycle

MindWell

www.mindwell-leeds.org.uk

Non-REM (Rapid Eye Movement) stage one

We start to **feel drowsy** as our heart rate slows and body temperature drops. We are still aware of what's going on around us and can be easily woken.

REM (Rapid Eye Movement) sleep

Our eyes move rapidly from side-to-side and we dream during this stage. While our brains become more active - our bodies relax and our arms and legs are still.

About **20%** of a night's sleep is in this stage.



Non-REM stage two

We fall into a state of light sleep.

About **50%** of a night's sleep is in this stage.

Non-REM stage three

We fall into very **deep sleep**. We are less likely to be woken by noise and will appear confused and groggy if woken up. This is the time the body does repairs and builds up energy for the day ahead.

