

## Non-REM (Rapid Eye Movement) stage 1

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 stage 4

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 2

We fall into a state of light sleep.

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

## Non-REM stage 3

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.