



THE FOUR STAGES OF SLEEP



STAGE 1

Non-Rapid Eye Movement (NREM) Cycle 1

Transition period between wakefulness and sleep. This traditionally lasts about 5-10 minutes.

STAGE 2

Non-Rapid Eye Movement (NREM) Cycle 2

Body temperature starts to drop; heart rate begins to slow. Brain starts to produce sleep spindles. This stage of sleep lasts about 20 minutes.

STAGE 3

Slow Wave Sleep Cycle

Muscles relax, blood pressure and breathing rate drop, deepest sleep occurs. Usually lasts about 20-40 minutes. This stage of sleep is most restorative when it comes to bodily recovery. If you want to be able to do high level physical training deep sleep is paramount.

STAGE 4

Rapid Eye Movement Sleep (REM)

Brain becomes more active; body becomes relaxed and immobilized. Dreams occur and the eyes move rapidly. Consuming alcohol too close to bed can disrupt REM sleep and negatively affect Memory, Dreaming, creativity, and happiness.

The science is accurate that the average adult needs seven to nine hours of sleep per night. Every night, you go through all stages of the sleep cycle multiple times. Going through full cycles of sleep is key to getting restorative sleep. If you wake up in the middle of the night, you are disrupting your sleep cycle and starting the cycle over.

Multiple wake-ups could mean you are having multiple sets of incomplete sleep cycles. This can make it more difficult to make it through your next day.

SOCIAL FITNESS

Poor sleep can make you moody and reactive in social interactions, leading to conflicts and misunderstandings.

SPIRITUAL FITNESS

Lack of sleep can affect your sense of purpose and character, leading to risky decisions.

MENTAL FITNESS

Inadequate sleep can make difficult situations harder to handle, as your mental capacity is reduced.

PHYSICAL FITNESS

Insufficient sleep can lead to a decline in physical performance and recovery, making workouts unbearable and affecting overall fitness.

To learn more about sleep, contact your local **WARR-Semper Fit** Sleep Coach for information on how you can make sleep your superpower.

