Normal sleep is made up of two distinct, alternating states: rapid eye movement (REM) sleep and non-rapid eye movement (NREM) sleep. REM sleep is associated with dreaming and generalized muscle paralysis, excepting the eye muscles and diaphragm.

• Usually, people drift off to sleep in N-REM sleep, which is made up of four distinct states; they progress into deeper sleep by moving from:

  **Stages 1-2: theta waves**
  
  to
  
  **Stages 3-4: delta waves**

• During N-REM sleep heart rate, respiration, and blood pressure all decline. Delta sleep is the deepest and most restorative sleep.