



FATIGUE

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SLEEP CYCLE

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.