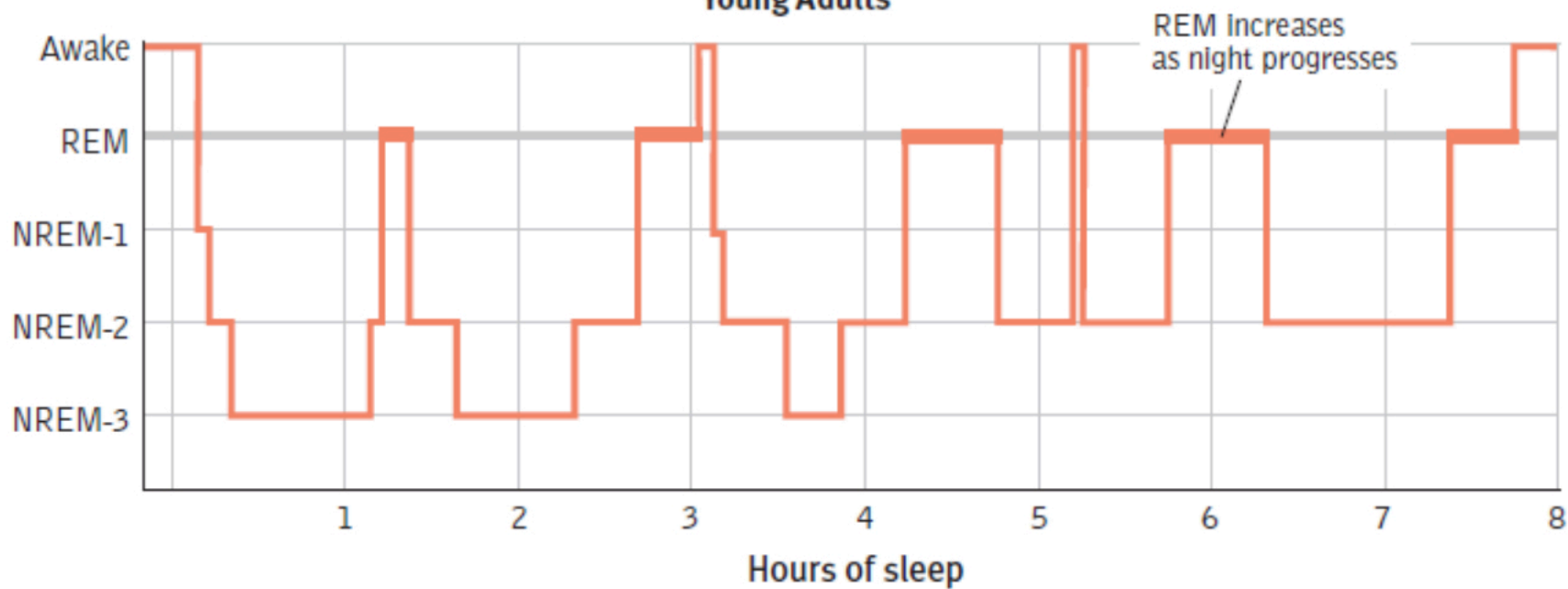


# The stages in a typical night's sleep

## Young Adults



## Older Adults

