**Stages of Sleep:**

Arousal: Subject is awake (self-explanatory)

NREM1: Period of drifting in and out of sleep. Subject can be easily awakened, and eye/muscle movement slows down.

NREM2: Eye movement stops and brain waves slow. Body temperature drops and heart rate slows.

NREM3: Extremely slow brain waves (delta waves→lowest frequency). During this period is where parasomnias are most likely to occur.

REM: Brain waves mimic waking activity. Eyes remain closed but move rapidly from side to side. Intense dream and brain activity occurs during this point.

**What is each feature?**

**O2-M1 - posterior brain activity (electroencephalography)**

**E1-M2 - left eye activity (electrooculography)**

**Chin1-Chin2 - chin movement (electromyography)**

ABD - abdominal movement (electromyography)

CHEST - chest movement (electromyography)

AIRFLOW - respiratory airflow

**ECG - cardiac activity (electrocardiography)**