

### **Key for Packet 3 Epochs**

Epoch 1 – N1

Epoch 2 – N2

Epoch 3 – N3

Epoch 4 – N2 into REM

Epoch 5 – Wake

Epoch 6 – Wake

Epoch 7 – N1

Epoch 8 – N2

Epoch 9 – Wake

Epoch 10 – N1

Epoch 11 – REM

Epoch 12 – Wake

Epoch 13 – N3

Epoch 14 – N2

Epoch 15 – N1

Epoch 16 – Wake into N1

Epoch 17 – N2

Epoch 18 – N2

Epoch 19 – N3

Epoch 20 - REM