

Key for Week 2 Epochs

Epoch 1 – Waveform A = Muscle artifact; Waveform B = Alpha activity

Epoch 2 – Waveform A = Alpha activity; Waveform B = Slow eye movements

Epoch 3 – Waveform A = Look left, look right; Waveform B = Blink five times

Epoch 4 – Wake

Epoch 5 – Wake

Epoch 6 – Waveform A = Low amplitude, mixed frequency; Waveform B = Alpha activity

Epoch 7 – Waveform A = Slow eye movements; Waveform B = EKG artifact

Epoch 8 - This epoch demonstrates tonic rapid eye movement (REM) sleep, consisting of low-amplitude, mixed-frequency electroencephalogram (EEG) with no rapid eye movements in this epoch. This would still be scored as stage R because the previous epoch contained rapid eye movements, the chin electromyogram tone is low, and the EEG showed mixed frequency without spindles or K complexes. Montage illustrated is according to the American Academy of Sleep Medicine scoring system.

Epoch 9 – N2

Epoch 10 – REM

Epoch 11 – Wake

Epoch 12 – REM