

Key for Week 3 Epochs

Epoch 1 – Transitioning from N2 to REM

Epoch 2 – N1

Epoch 3 – N3

Epoch 4 – Wake

Epoch 5 – RBD

Epoch 6 – Major body movement/Wake

Epoch 7 – N2

Epoch 8 – N1

Epoch 9 – REM

Epoch 10 – N1

Epoch 11 – N2

Epoch 12 – N1

Epoch 13 – N2

Epoch 14 – N3

Epoch 15 – N2 with Prozac eyes

Epoch 16 – REM

Epoch 17 – N3

Epoch 18 – Sweat artifact, EKG artifact, N2

Epoch 19 – REM

Epoch 20 – N2 into REM

Epoch 21 – N3