Chapter 1 - Introduction

# Sleep

## Defining sleep

The behavioural definition of sleep is a temporary and reversible state of altered consciousness and perceptual disengagement[[1]](#footnote-2). It is a condition of body and mind which typically characterised as a periodic state of physiological rest during which consciousness is suspended and metabolic rate is decreased.

The electrophysiological criteria of sleep can be classified into three distinct and mutually brain states namely wakefulness, rapid eye movement (REM) sleep and non-REM sleep.

Wake

During wakefulness,

1. ABC of sleep medicine [↑](#footnote-ref-2)