Sleep Cycle

Purpose: Compare sleep cycle after exercise vs after rest day with meditation music.
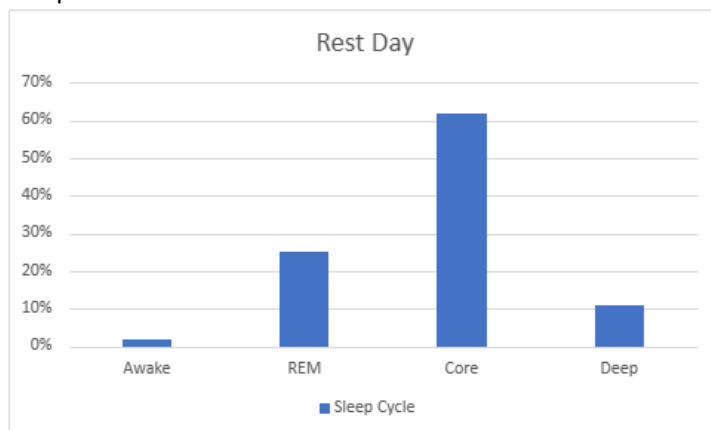
Procedure: Make sure sleep schedule is the same and wear apple watch to track cycle. Exercise 1 day before going to sleep. On rest days play meditation music before bed. The following day write down results for all sleep modes: Awake, REM, Core, Deep.

Results:

Awake   5%
REM   25%
Core   55%
Deep   15%
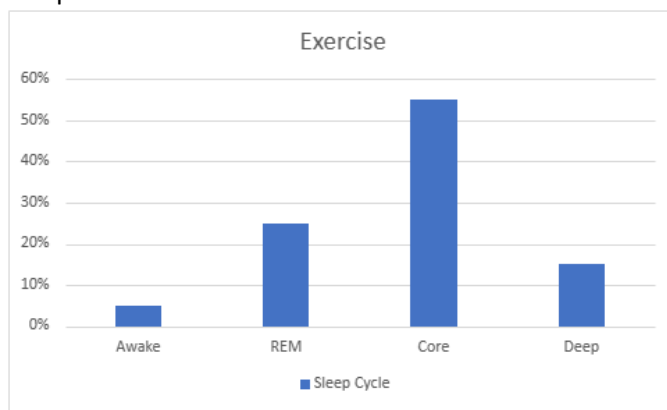
Awake   2%
REM   25%
Core   62%
Deep   11%

Discussion: Before comparing results, my theory was sleep before exercise would provide deeper sleep as you are physically more tired. After exercise, deep was only 4% more than rest day. Core sleep was higher on rest day, which makes sense because that is the time when your body works to build and repair muscles.

Conclusion: Based on the data there was not much difference between sleep cycle after exercise vs after rest day. My theory is because my sleep schedule is consistent, the cycle stays similar.