* There are 5 sleep cycles
* Deep sleep happens in the 3rd and 4th cycle
* We spend 50 percent of our total sleep time in stage 2, about 20 percent in REM
* Stage 1 is light sleep, can be awakened easily during this cycle
* “When we switch into REM sleep, our breathing becomes more rapid, irregular, and shallow, our eyes jerk rapidly in various directions, and our limb muscles become temporarily paralyzed. Our heart rate increases, our blood pressure rises, and males develop penile erections. When people awaken during REM sleep, they often describe bizarre and illogical tales – dreams.”
* “The first REM sleep period usually occurs about 70 to 90 minutes after we fall asleep. A complete sleep cycle takes 90 to 110 minutes on average. “
* By morning, people spend nearly all their sleep time in stages 1, 2, and REM.
* People lose some of the ability to regulate their body temperature during REM, so abnormally hot or cold temperatures in the environment can disrupt this stage of sleep
* Experts say that if you feel drowsy during the day, even during boring activities, you haven't had enough sleep.