

# The Sleep Cycle

When we sleep, we follow a regular pattern known as the sleep cycle. The sleep cycle consists of four stages. It can take around 90 minutes to 100 minutes to complete. The cycle repeats itself many times throughout the night.

The first stage is when a person is falling asleep. During this time, the eyes are usually open, but much slower than when we are awake. The heart rate is also slower, and breathing is also slower. By the end of this stage, we are fully asleep from this stage. During this stage, we dream. We dream in short bursts, and we get the feeling of falling.

During this time, our bodies prepare themselves for sleep. Our eyes are closed, and body temperature goes down. The heart rate and breathing rate also decrease. Our body is completely relaxed. The second stage of the sleep cycle is the most time to process information, as this is when thoughts begin to form. This is the longest part of our sleep. It makes up over 50% of our total sleep time.



**The Sleep Cycle**

Diagram of the sleep pattern, showing activity changes of sleep. The sleep pattern consists of four stages. It can take around 90 minutes to 100 minutes to complete. The stages when we are awake are when we are fully awake, but we are not yet asleep when we are in the first stage. The first stage is the first one in the sleep cycle. We are not in a deep sleep. We are not fully sleeping when we are awake. They are called light sleep. Our heart rate and body temperature are at their lowest points of the day. During this stage, you can feel relaxed for a couple of minutes.

During the second stage of sleep, the brain wave changes to slow sleep, and heart rate and body temperature also decrease. The eyes move slowly, and breathing rate is also slow. The eyes move slowly. It is the second stage of the sleep cycle. This is when our body is completely relaxed. The third stage of the sleep cycle is the most time to process information, as this is when thoughts begin to form. This is the longest part of our sleep. It makes up over 50% of our total sleep time.

## Comprehension Questions

1. How many stages are there in the sleep cycle?

- 1
- 2
- 3
- 4
- 5

2. Which stage of the sleep cycle has the longest?

- 1
- 2
- 3
- 4
- 5

3. During the first stage of sleep, our heart rate and temperature are:

- a) the highest point
- b) the lowest point
- c) increasing from the lowest point
- d) decreasing from the highest point

4. During which stage do we have the most dreams?

- 1
- 2
- 3
- 4
- 5

5. Which stage has the most slow sleep?

- 1
- 2
- 3
- 4
- 5

6. Which stage has the most REM sleep?

- 1
- 2
- 3
- 4
- 5

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