

# The Sleep Cycle

## Main Idea and Supporting Details

Grades  
3-5

### The Sleep Cycle Main Idea and Supporting Details

Circle the sentence that states the main idea.  
Underline the sentence that gives an example of the main idea.



A regular part of a human's life is sleeping sleep, and there are certain parts of this necessary sleep that are "giving off". The first stage of the sleep cycle is "falling asleep". This is followed by the second stage of sleep, "less sleep". The third stage of sleep is "deep sleep", which occurs in very small. The final stage of sleep is called the "light sleep" which is followed back to the first part of the next cycle.

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