

Sleep and Dreams

We need sleep....let's face it. But HOW do we sleep and what is happening to us when you sleep? Our bodies have **BIOLOGICAL RHYTHMS** – the two we are looking at are:

1. **24-HOUR CYCLE**- humans experience 24-hour cycles of varying and falling alertness, body temperature, and growth hormone secretion.
2. **90-MINUTE CYCLE**- we cycle through 90 minute stages of sleep.

CIRCADIAN RHYTHM

People run on a 24-hour a day cycle which is also called the CIRCADIAN RHYTHM. For example, our body temperature rises as morning approaches, peaks during the day, and for a time drops in the afternoon and before bed. The same is true for your sleeping cycle. We have a built in '**Sleep-wake circadian clock**'.

- do you ever wake up just before your alarm?
- Do you tend to get tired the same time each night?

What disrupts this Circadian Rhythm?

- accidents/over-tiredness
- jet lag
- daylight savings
- melatonin (hormones)

STAGES OF SLEEP

There are two kinds of sleep:

1. **REM** (Rapid Eye Movement Sleep)
2. **NREM** (non-REM sleep)

It is the NREM stage of sleep that is divided into four stages or patterns that cycle through the night and peak during REM sleep.

