

# The Sleep Cycle

## WHAT HAPPENS WHEN I SLEEP?

*Sleeping gives the body an opportunity to **RESET***

(It's not just the number of hours of sleep that is important—it's the quality of those hours...)

## TWO STAGES OF SLEEP

Rapid Eye Movement

### REM

Restores the mind

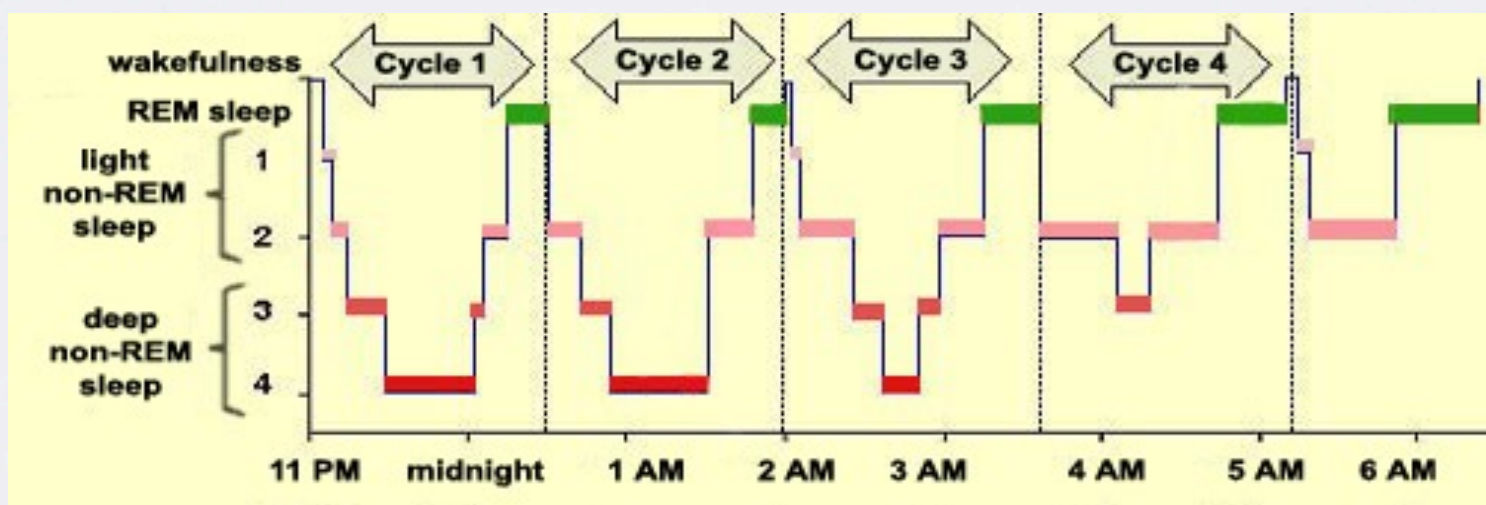
- Brain processes information from the day
- Forms neural connections to strengthen memory
- Replenishes supply of feel good chemicals

### Non-REM

Restores the body

- Muscle and tissue repair for "Beauty Sleep"
- Growth hormone released for development
- Boosts Immune System

**Together, the stages of REM and non-REM sleep form a complete sleep cycle.**



Source: thebrain.mcgill.ca

Each cycle typically lasts about 90 minutes and repeats four to six times over the course of a night.

## Groggy mornings?

"But I got 8 hours of sleep!"

Try setting a wakeup time that's a *multiple of 90 minutes*, the length of the average sleep cycle.

*Going to bed at 10PM?*

**For Example**

Set your alarm for 5:30AM (**7 1/2 hours of sleep**) instead of 6AM or 6:30AM.

You may feel more refreshed at 5:30AM because you'll be getting up when your body and brain are close to wakefulness.