

WHY YOUR BODY LOVES SLEEP

Stage 1



- Easily Awakened
- Muscles Relax, May Twitch
- Slow Eye Movements

Stage 2



- Breathing, Heart Rate Regular
- Body Temperature Drops
- Lose Sense of Place
- Slower Brain Waves
- Eye Movement Stops

Stage 3



- Blood Pressure Drops
- Muscle Relax
- Tissue Grows & Repairs
- Energy is Restored
- Hormones are Released
- Even Slower Brain Waves

REM

- Brain is Active, Dreaming
- Eyes Dart Rapidly
- Muscles are Paralyzed
- Irregular Breathing/ Heart Rate



*Mayoor
Patel* DDS, MS