

Stages of sleep

STAGE 1

VERY LIGHT SLEEP

Occurs during the transition from being awake to sleep

STAGE 2

LIGHT SLEEP

Often makes up more than **50% of sleep** for adults

STAGE 3

DEEP SLEEP (SLOW-WAVE)

Feels more restorative. Growth hormone and testosterone are released during this stage. Adults who don't get enough slow-wave sleep **may get aches and pains.**

STAGE 4

REM SLEEP

Most of our dreams happen in this stage. If you have a lack of REM sleep, you **tend to have a short temper.**

