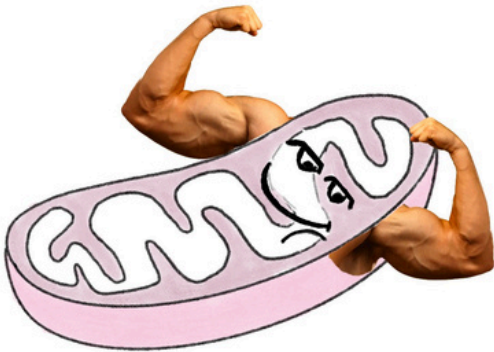


AP PSYCHOLOGY

SLEEP

REVIEW



BASICS

→ full sleep cycle = 90 mins
• repeats 4-6 times / night

→ cycle consists of:

NREM (3 stages), & REM

NREM STAGES

Stage 1: light sleep, falling / twitching
sensations → theta waves

Stage 2: majority of sleep time,
body temp drops
→ sleep spindles & K-complexes

Stage 3: deep sleep, body repairs itself
→ delta waves

REM SLEEP

rapid ↑
movement ↑
R E M
↓
eye

- brain waves look similar to being awake
- dreaming, voluntary muscles "shut off"