UPS Education®
A unit of Utsaah Psychological Services

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

STAGES OF SLEEP



UPS Education®
A unit of Utsaah Psychological Services

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

NREM Stage 1 (N1):
Light sleep, easy awakening



NREM Stage 2 (N2):
Body relaxes, memory processing



NREM Stage 3 (N3):
Deep restorative sleep



REM Sleep:
Vivid dreams, high brain activity



UPS Education®
A unit of Utsaah Psychological Services

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Follow @upseducation
For more psychological content.

Follow us on :

@upseducation