

Mayo Clinic Minute: What are the stages of sleep?

VIDEO	AUDIO
	When your head hits the pillow, your body can go through several stages of sleep.
Graphic: Lois Krahn, M.D. Sleep Medicine Mayo Clinic	“We basically divide sleep into wake, non-REM – three types – and REM sleep.”
	Dr. Lois Krahn, a Mayo Clinic sleep medicine specialist, says the three types of non-REM, which stands for rapid eye movement, include level one, which is light sleep; level two, intermediate sleep; and level three, deep sleep.
Dr. Krahn	“When we’re in deep sleep, our heart rate and our breathing really slows down, and that just allows the body a chance to recover from the busy day.”
	The final stage is REM sleep, which is typically when you dream.
Dr. Krahn	“Things speed up except a person cannot move. They’re paralyzed, and that’s actually felt probably to be a rinsing function — to clear the brain of toxins and byproducts that have collected during the waking day.”
	Dr. Krahn says not everyone goes through all of the stages, some may skip one or two. But, in general, people alternate between several different levels of non-REM as well as REM sleep every night.
Dr. Krahn	“The longer you spend in deeper sleep, the more refreshed you’ll feel in the morning.”
	For the Mayo Clinic News Network, I’m Jason Howland.