Stages of Sleep And Brain Mechanisms

- The electroencephalograph (EEG) allowed researchers to discover that there are various stages of sleep.
- Over the course of about 90 minutes:
 - a sleeper goes through sleep stages 1, 2,
 3, and 4
 - then returns through the stages 3 and 2 to a stage called REM.

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Lingjun Ying

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