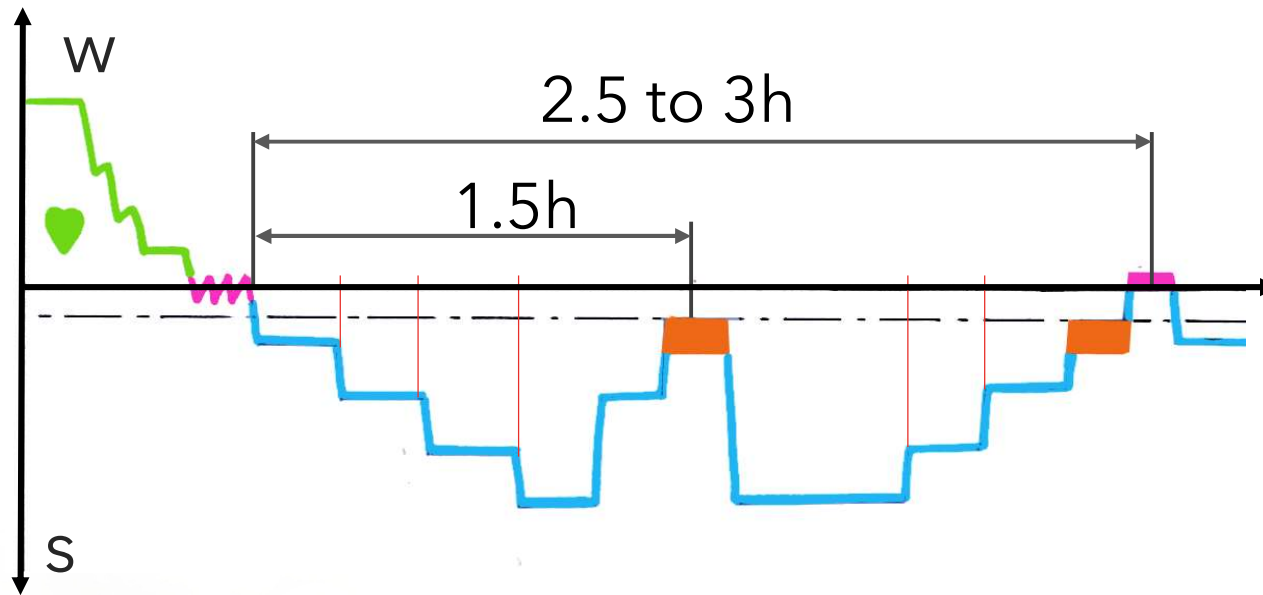





SLEEP CYCLE

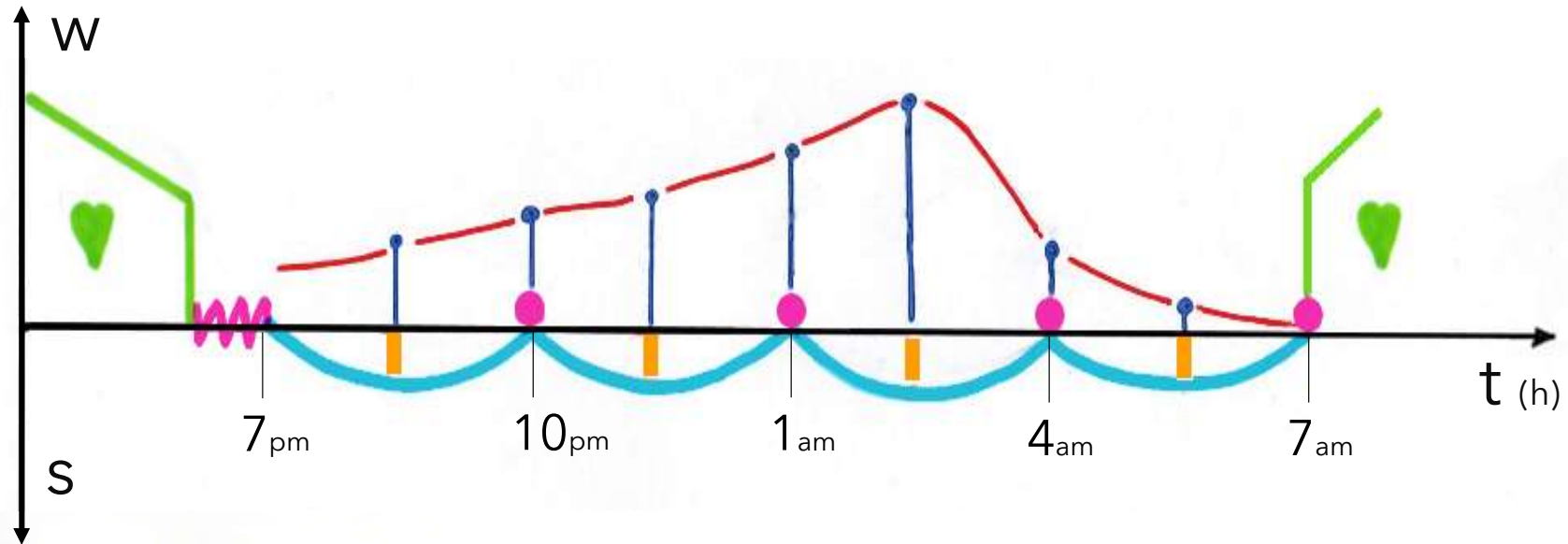






-  Wake-ups
-  REM sleep (dreams)
-  Quiescent Sleep



NIGHT STRUCTURE

GoodSleepers.co.uk



-  Melatonin
-  Wake-ups
-  REM sleep (dreams)
-  Quiescent Sleep

