

## Phases of sleep

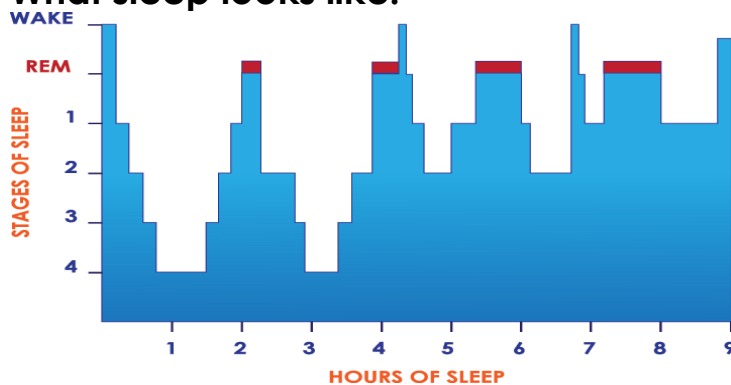


NHS Borders  
Children & Young People's Occupational Therapy



Welcome back to our next video. In this short video we will explore the different phases of sleep and why each phase is important.

### What sleep looks like.



This graph known as a hypnograph and demonstrates the 4 phases of sleep.

The first 3 stages of sleep are the 3 phases of non-REM or non-rapid eye movement sleep. These grade from light sleep to deep sleep.

We fluctuate between light and deep sleep throughout the night in phases.

The fourth phase in sleep is REM sleep- this is also known as Rapid eye movement sleep.

REM sleep which was shown in red on the hypnograph in the first slide

In REM sleep our brain activity is high and we experience rapid movement of our eyes

This phase is key for consolidating learning and forming memories.

Light Sleep		Deep Sleep	
NON REM	NON REM	NON REM	REM
Stage 1	Stage 2	Stage 3	Stage 4
4 - 7 hours per night			1.5 - 2 hours per night

Each of our sleep phases (made up of stages 1-4) will last around 90 minutes. In each phase we will experience light sleep (non-REM stages 1 and 2) and Deep sleep (non-REM stage 3 and REM) We then repeat this pattern again. However, when we have longer periods of uninterrupted sleep, we increase the length of REM sleep with each sleep phase. We can therefore see why long periods of uninterrupted sleep are more important than having shorter blocks of broken sleep. If we experience periods of broken sleep, we miss out on the long periods of REM sleep which is vital for brain development.

Each stage of sleep is important for different reasons. In our non-REM stage 3 our bodies will carry out essential growth and repair This is vitally important for developing children. Our REM sleep phase is important for cognitive and emotional development. Our gold standard for children should always be a long uninterrupted sleep so that they get sufficient time in each sleep phase. This helps to prevent some of the challenges we spoke about in our first few videos.

# For tips on how to help visit our next few videos



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We will aim to contact you within 5 working days to discuss your enquiry