

STAGES OF THE SLEEP CYCLE

STAGE 1: DOZING OFF

The first stage of sleep is Light and may not even look like your child is asleep; however they are already on their sleep journey in stage one of sleep. This is a very active stage of sleep where your child can be easily woken up.



STAGE 2: LIGHT SLEEP

In stage 2 sleep, your child may actually appear to be sleeping, with reduced brain activity and muscles beginning to relax, as well as a slow down of breathing and heart rates.



STAGE 3: SLOW WAVE/ DEEP SLEEP

This deep sleep is where you may find your child is difficult to wake and their body is fully relaxed. Here is where Human Growth Hormone is released and their immune systems fires up for full restoration.



STAGE 4: REM SLEEP

REM (Rapid Eye Movement) Sleep's hallmark is the movement behind your child's eyes while the rest of their body remains still. Here is where your child's brain activity increases again working hard in areas such as memory, learning and creativity.



- NEWBORNS ONLY HAVE DEEP AND REM SLEEP UNTIL AROUND AGE 4 MONTHS WHEN THEY GAIN STAGE 1 & 2, WHICH WE THEN CARRY THROUGH ADULTHOOD.