

Brain waves and Sleep stages

Match column A to column B

Column A

Column B

NREM

body goes in deep relaxation ,light stage

REM

non rapid eye movement

Stage 1

deep sleep slow wave

Stage 3

light sleep, easily awoken

Stage 2

Rapid eye movement

Brain waves

Smallest fastest oscillations, deeply focused on something

Delta

Gamma

Beta

Brain wave when you are thinking about something

Delta

Gamma

Beta

Brain wave in deep sleep

Delta

Gamma

Beta