

Activity 2, pg. 24 WB

Complete the table with words from the box.



deep dreaming wake up repair light REM decrease muscles

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
4-5%. 1. _____ sleep. Occasional muscle movement.	45-55%. Breathing and heart rate slows. 2. _____ in body temperature.	4-6%. 3. _____ sleep begins. Brain begins to slow down.	12-15%. Very deep sleep. Blood flows to 4. _____. Body begins to 5. _____ itself.	20-25%. 6. _____ sleep. Brain waves speed up and you start 7. _____. Muscles relax. Heart rate increases. Breathing is rapid.

