connections in mind

Stages of sleep

Falling asleep

Light non-REM sleep



REM sleep

Deep, non-REM sleep

Throughout the night, we go through around 4-6 cycles of these stages.

Poor sleep can affect your memory.

What affects on your memory do you experience?

We typically dream in REM sleep.

Are you a person who remembers their dreams?

YES ☐

NO ☐

Recommended hours of sleep per

age: Newborn: **14-17hrs**

Child: **9-11hrs**

Toddler: **11-14hrs** Teen: **8-10hrs**

Adult: **7-8hrs**

65+: **7-8hrs**