

Nightly sleep cycles

CORE MEASURES *of* SLEEP



Digital Measures Development

 **DATAACC** by 

First cycle

Second cycle

Third cycle

Fourth cycle

Fifth cycle

REM

N3

N2

N1

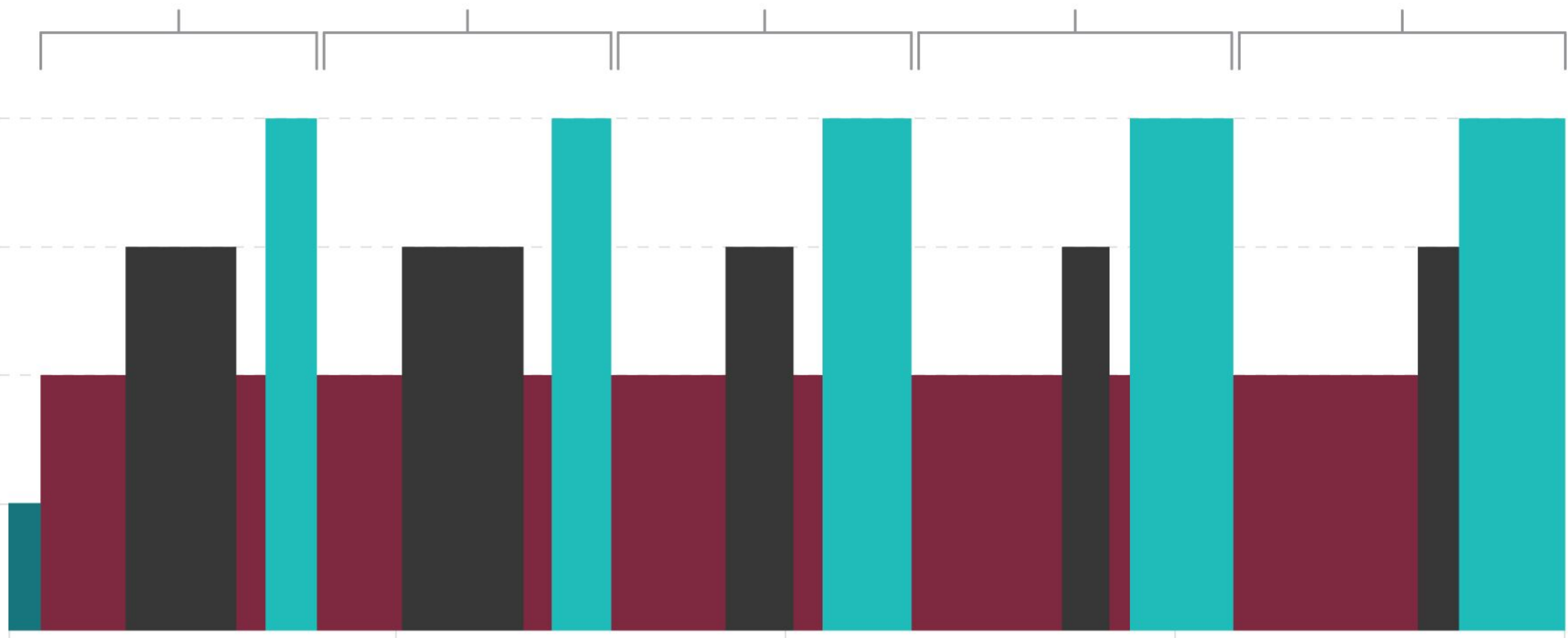
10 PM

12 AM

2 AM

4 AM

6 AM



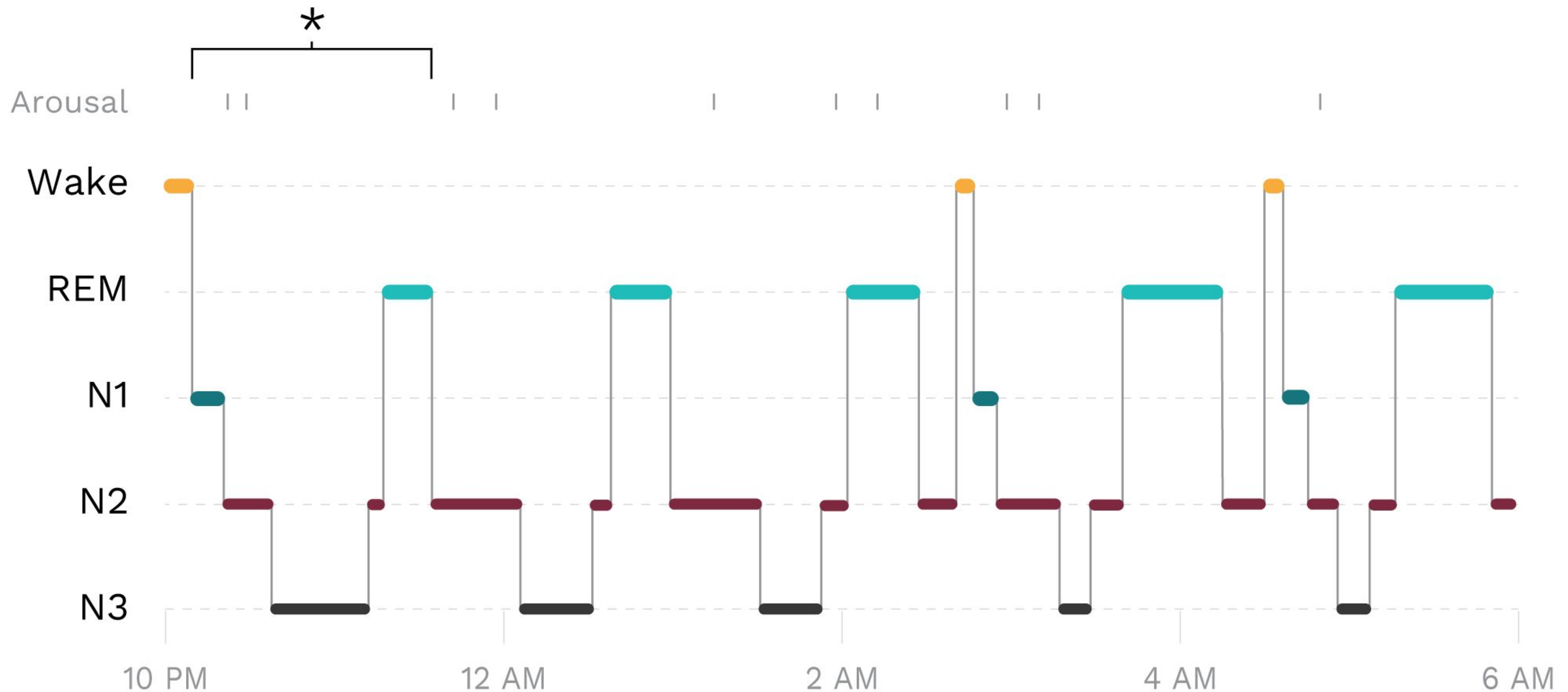
Hypnogram of a normal night's sleep

CORE MEASURES *of* SLEEP



Digital Measures Development

 DATAACC by 



* A single sleep cycle