Nightly sleep cycles

First cycle | Second cycle | Third cycle | Fourth cycle | Fifth cycle
---|---|---|---|---
REM | REM | REM | REM | REM
N3 | N3 | N3 | N3 | N3
N2 | N2 | N2 | N2 | N2
N1 | N1 | N1 | N1 | N1

10 PM | 12 AM | 2 AM | 4 AM | 6 AM
Hypnogram of a normal night’s sleep

* A single sleep cycle

Arousal

Wake

REM

N1

N2

N3

10 PM  12 AM  2 AM  4 AM  6 AM

* A single sleep cycle