BBG iWonder

Are you getting enough sleep? Your sleep cycle in 25 seconds

There are five stages of sleep. Those five stages form a cycle.

In stage one we feel drowsy.

In stage two we fall into a light sleep.

In stage three and four we're in deep sleep.

Stage five is when we dream and is revealed by rapid eye movements.

A healthy night's sleep would see us going through four to six cycles.

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