

THINGS YOU NEVER KNEW ABOUT

IN CONSULTATION WITH DR. ADELINE TAN, SENIOR CONSULTANT, DEPARTMENT OF MEDICINE, NG TENG FONG GENERAL HOSPITAL



Circadian Rhythm

is an internal, biological clock that regulates our sleep-wake cycle



There are main stages of sleep

Non-Rapid Eye Movement Sleep

NREM

Quiet Sleep

REM

Rapid Eye Movement Sleep

Active Sleep

Divides into

stages sleep cycle

Falling asleep

Liaht asleep

Deep sleep

Final sleep

Sleep time per night

75%

25%

Each Cycle Of Sleep Last 90-120 mins

The Optimal Number Of Hours And Sleep Cycles I Should Get full sleep

5-6 cycles

hours



Characteristics include:

Increase in brain activity

Vivid dreams

It's possible to still be tired after a good night's rest because you didn't spend enough time in the deep

sleep phase.



The majority of your dreams occur in REM sleep.

DEEP SLEEP OF REM CYCLE

INFANTS/CHILDREN

ADULTS

≈ 50%

Sleep Hygiene Tips





Unwind before bed with relaxing activities.



Get 30 minutes of vigorous exercise in the day.



Avoid smoking or drinking alcohol.

