

SPECTACULAR SCIENCE

Sleep Cycle Match

NOTE: Do not print out the second page. It is the answer key.

The right half of the page has what happens during each cycle and the left half of the page has the actual stage name. Draw lines to connect them.

REM Sleep

Transition period between wakefulness and sleep

NREM Stage 1

Muscles relax, breathing and blood pressure drops and deepest sleep occurs

NREM Stage 2

Brain becomes more active and eyes move back and forth rapidly under your eyelids

NREM Stage 3

Body temperature drops, brain waves slow down, and heart rate slows down

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Answer Key

REM Sleep: Brain becomes more active and eyes move back and forth rapidly under your eyelids

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NREM Stage 2: Body temperature drops, brain waves slow down, and heart rate slows down

NREM Stage 3: Muscles relax, breathing and blood pressure drops and deepest sleep occurs