

The Science of Sleep



Reading

Sleep is one of the body's most mysterious experiences. Scientists don't completely understand the process, but it seems that all living things need some sleep. And some need a lot more than others!

There are five stages of sleep: stages 1, 2, 3, 4 and REM (rapid eye movement). In stages 1 to 4 our body becomes more relaxed. Our muscles and heart rate slow down and our brain becomes less active. Stage 5 is called REM sleep. Our heart beats faster and our eyes move quickly in different directions. People dream during this stage and we cannot move at all — probably to stop us from doing the actions in our dreams.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。