

Sleep

Psychology

The architecture of a night, and what each stage is associated with.

One cycle is roughly 90 minutes, repeating four to six times.

Stage	Share	Associated with
N1	~5%	Transition, hypnic jerks
N2	~45%	Sleep spindles, K-complexes
N3 deep	~25%	Growth hormone, immune function, declarative consolidation
REM	~25%	Dreaming, procedural and emotional consolidation

REM atonia paralyses the body during dreaming. Sleep paralysis is that atonia persisting into waking.