

Supplementary information S1 (figure) | Conceptual diagram of classifications of sleep

The entire sleep period of healthy young adults consist of NREM sleep and REM sleep alternating 4 to 5 times within a 6 to 8 hour sleep¹. NREM sleep is divided into stages 1 to 4. Stages 3 and 4 are called slow-wave sleep (SWS) in humans. During early part of sleep, SWS tends to occur frequently and the duration of REM sleep tends to be short. In the later part of sleep, SWS seldom occurs and the duration of REM sleep is longer.

1 Rechtschaffen, A. & Kales, A. A Manual of standardized terminology, techniques, and scoring system for sleep stages of human subjects., (Public Health Service, U.S. Government Printing Office, 1968).

