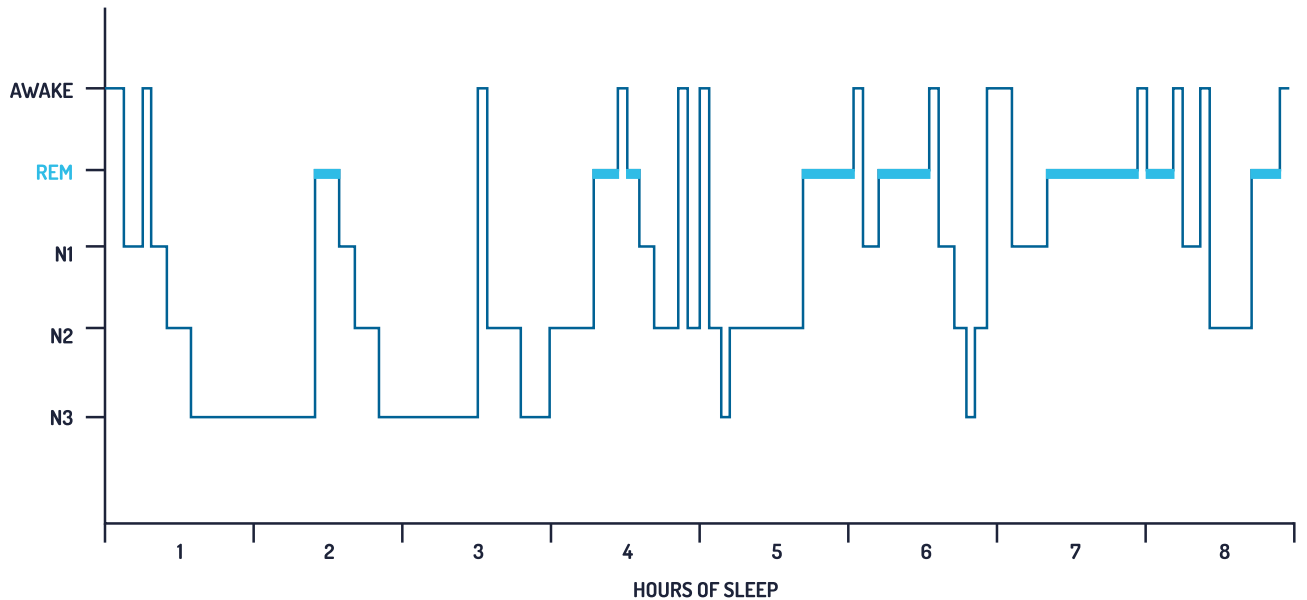


# THE SLEEP CYCLE



## Things that you need to know about your child's sleep cycle:

- Your child is most likely to awake between cycles
- It takes about 10 minutes for children and older babies to fall into a deep sleep
- There are 2 main types of sleep REM and non REM sleep

REM sleep is when we dream. Toddlers and babies spend a lot of time in REM sleep. The body switches off and the brain receives extra blood and processes the day's events

Non-REM sleep is the time when sleep becomes restful and muscles relax

The body is repaired by Non-REM sleep