

1 ENDORMISSEMENT
5 à 10 minutes
- Bâillements, engourdissement.

5 SOMMEIL PARADOXAL
10 à 15 minutes
- Respiration et rythme cardiaque irréguliers.
- Déclenchement des rêves. Lorsque ce cycle prend fin, on peut se réveiller ou reprendre un cycle de sommeil lent léger.

2 SOMMEIL LENT LÉGER
10 à 15 minutes
- Le cerveau est réceptif mais ne comprend plus.
- Respiration et rythme cardiaque plus lents.

4 SOMMEIL TRÈS PROFOND
30 minutes
- Étape cruciale de récupération. Le corps se remet de la fatigue physique de la journée.

3 SOMMEIL PROFOND
30 minutes
- Le cerveau ne perçoit plus rien.
- Respiration très lente.
- Muscles relâchés.



LES CYCLES DU SOMMEIL
Pour passer une bonne nuit, il faut compter 4 à 5 cycles d'environ 90 minutes chacun.

La Vie Secregravete Du Sommeil

F Rizvi



La Vie Secregravete Du Sommeil:

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