What Happens When We Sleep Video Notes

Video: <https://youtu.be/eTgNgGO_bLs?si=thdEUEpabq8hJHeP>

4 STAGES OF SLEEP

|  |  |
| --- | --- |
| **STAGE 1** | **STAGE 2** |
| **STAGE 3** | **STAGE 4** |