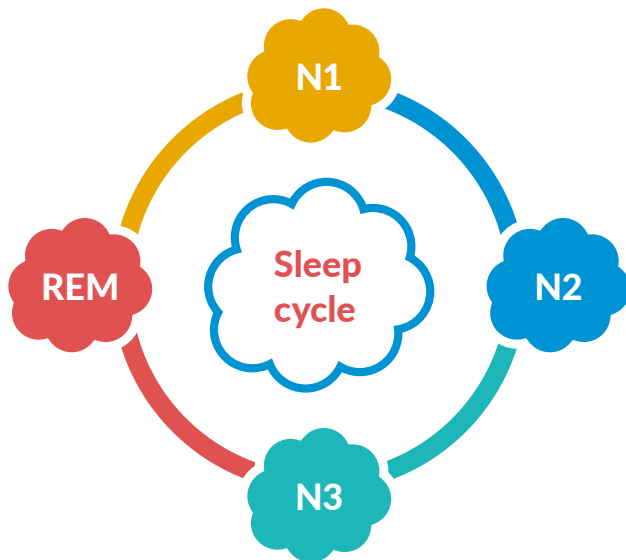
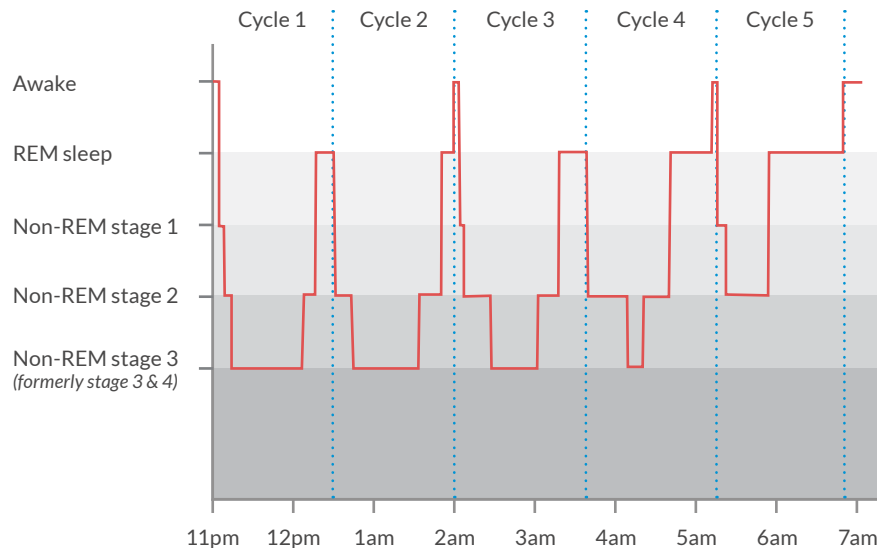


# What's the ultradian rhythm?

It's the cycle of sleep stages, which can be shown by a hypnogram.



**N1** – The lightest stage, right after you fall asleep.

**N2** – Your muscles continue to relax and your heartbeat and breathing grow slower.

**N3 or slow wave sleep** – The deepest stage, which decreases as the night goes on.

**REM** – Rapid eye movements and loss of muscle tone happen during this stage. This increases as the night goes on.

## Infants

Infants don't have distinct sleep stages. Until they're about 3 months old, they cycle between active and quiet sleep. During active sleep, they typically move their body and closed eyes. During quiet sleep, their eyes are still.

## 3 months – early childhood

More distinct stages develop and cycle about every hour.

## Older child – adult

Includes all sleep stages but cycles every 90 to 120 minutes.



Scan the QR code to learn more.