Geisinger

What is sleep?

Something our body MUST do to stay mentally and physically healthy.



- **★** A spell of unconsciousness
- ★ Temporary coma
- **★** A period of inactivity

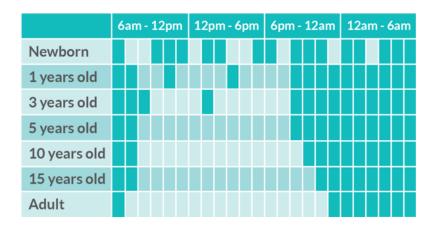
Babies require the most amount of sleep, which is spread out across the day.

As we age, we need less sleep.

This coincides with neurodevelopmental changes.

Take it from the rats... Your body needs sleep!

Groundbreaking sleep deprivation research involving rats shows just how essential sleep is to overall health. Curious about how they kept those rats awake for so long and what they found? Look up Allan Rechtschaffen sleep deprivation (1983) to get the full scoop!





Scan the QR code to learn more.

Developed in the 1920s, electroencephalography (EEG) allows us to evaluate the brain's electrical activity.

Thanks to the EEG, we know the brain is active during sleep. In the 1950s, Rapid Eye Movement (REM) was identified, leading to an understanding of sleep cycles.

