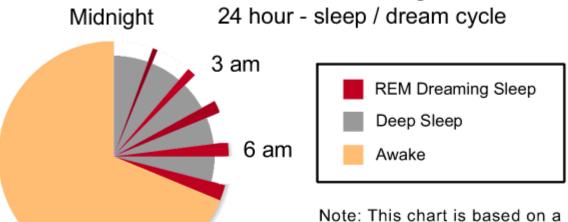
Circadian Rhythm:



9 am

12 pm Noon

www.LucidDreamExplorers.com/dreamscience

normal 8 hour night of sleep with

a 90 minute Ultradian Rhythmn.



Sleep Cycle During 8 hours of sleep R.E.M Stage 1 Stage 2 Stage 3 Stage 4 (Deep Sleep) Hours: 0 1 2 3 4 5 6 7 8