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sleep is a state of reduced mental and physical activity in which consciousness is altered and certain sensory activity is inhibited during sleep there is a marked decrease in muscle activity and

the meaning of sleep is the natural easily reversible periodic state of many living things that is marked by the absence of wakefulness and by the loss of consciousness of one's surroundings is

Jul 10 2025 we tend to think of sleep as a time when the mind and body shut down however sleep involves many important and necessary processes

a natural periodic state of rest for the mind and body in which the eyes usually close and consciousness is completely or partially lost so that there is a decrease in

bodily movement and responsiveness to

answering this question will help provide us with an understanding of what produces both the similarities and differences in sleep mentation across sleep stages

jul 27 2025 sleep is not just the absence of wakefulness it is not a passive shutdown it is an active dynamic and vital process a cycle of electrical storms chemical symphonies and cellular

sleep is the natural state of rest in which your eyes are closed your body is inactive and your mind does not think they were exhausted from lack of sleep be quiet and go to sleep when you sleep

sleep occurs in repeating periods in which the body alternates between two distinct modes rem sleep and non rem sleep although rem stands for rapid eye movement this mode of sleep has many

the state of a person animal or plant that sleeps uncountable sleep wouldn t come and he lay awake most of the night a period of sleeping countable usually singular a good sleep

in humans and certain other animals sleep occurs in five stages the first four consisting of non rem sleep and the last stage consisting of rem sleep these stages constitute a sleep cycle that repeats

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