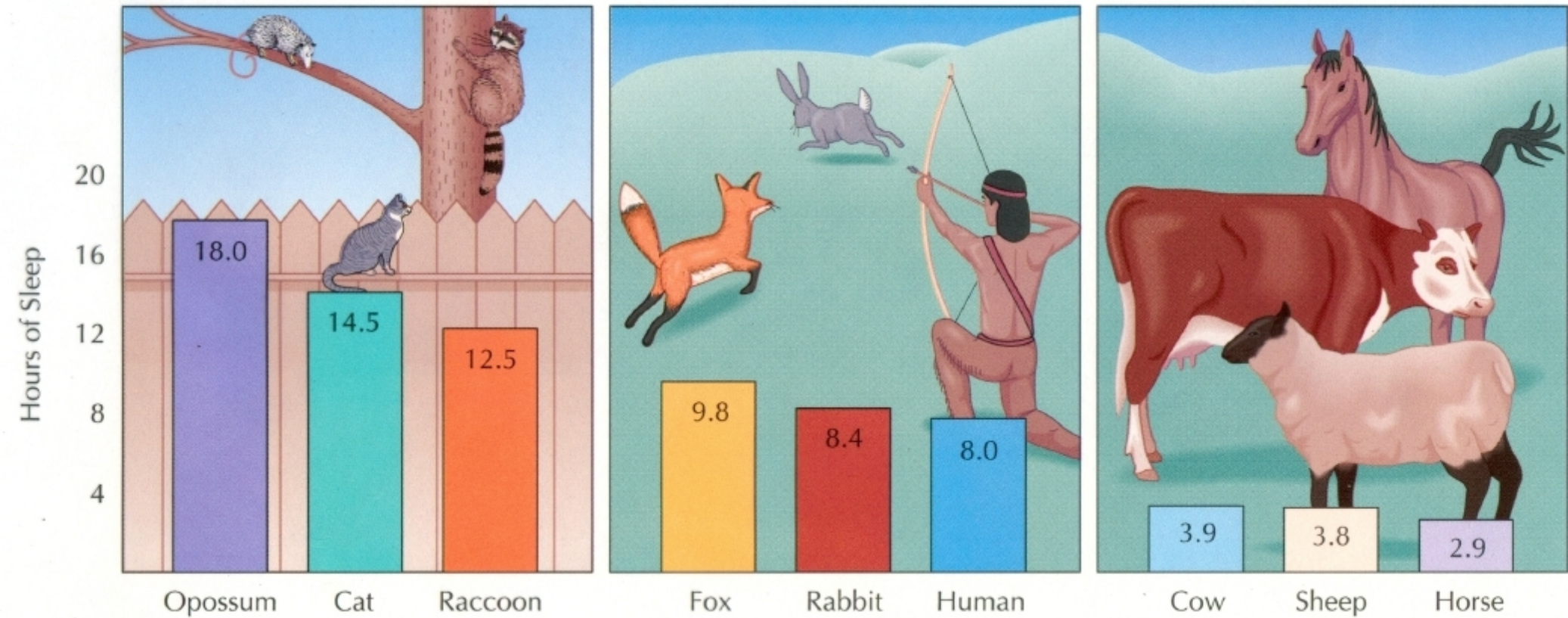
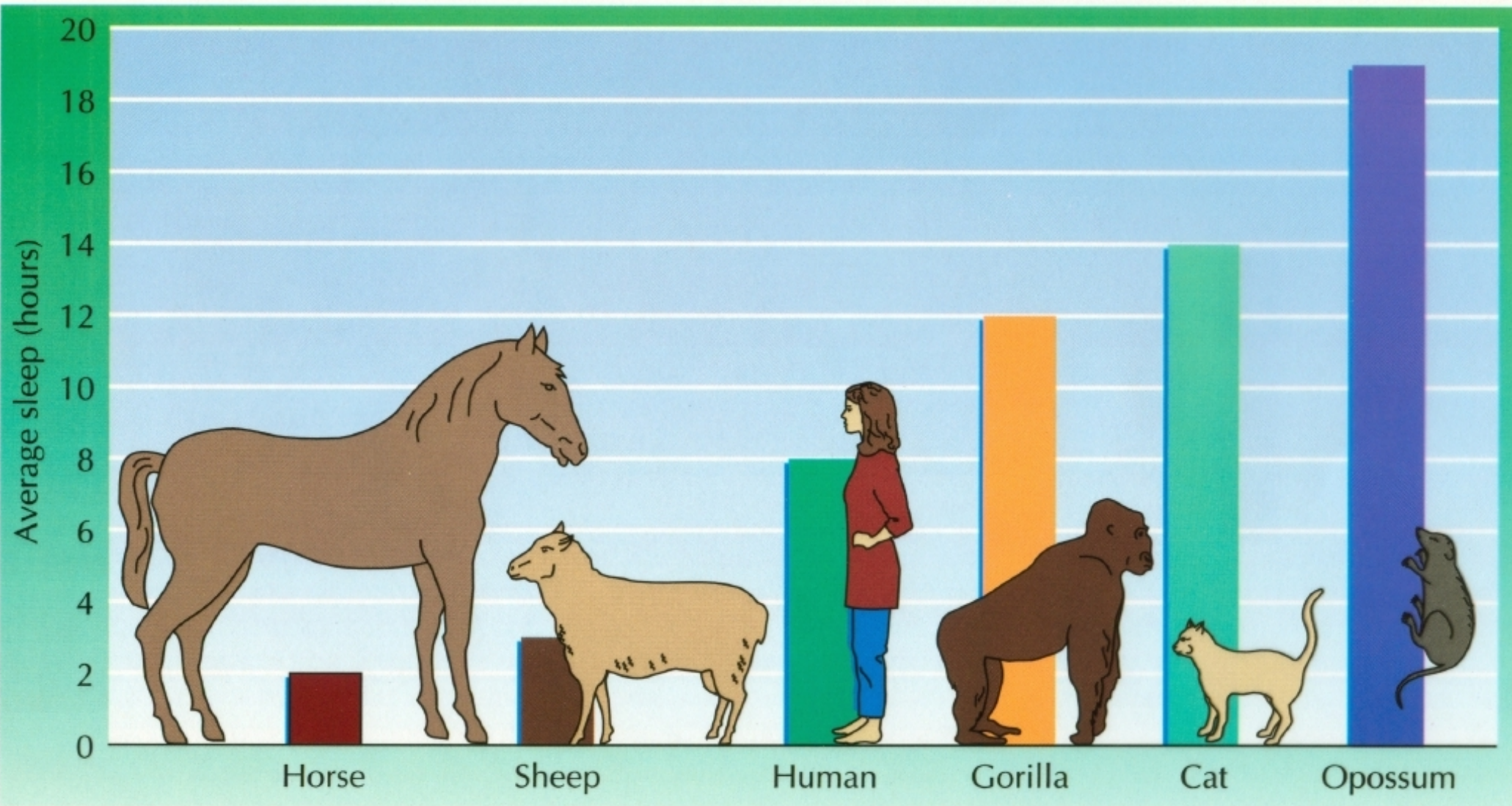
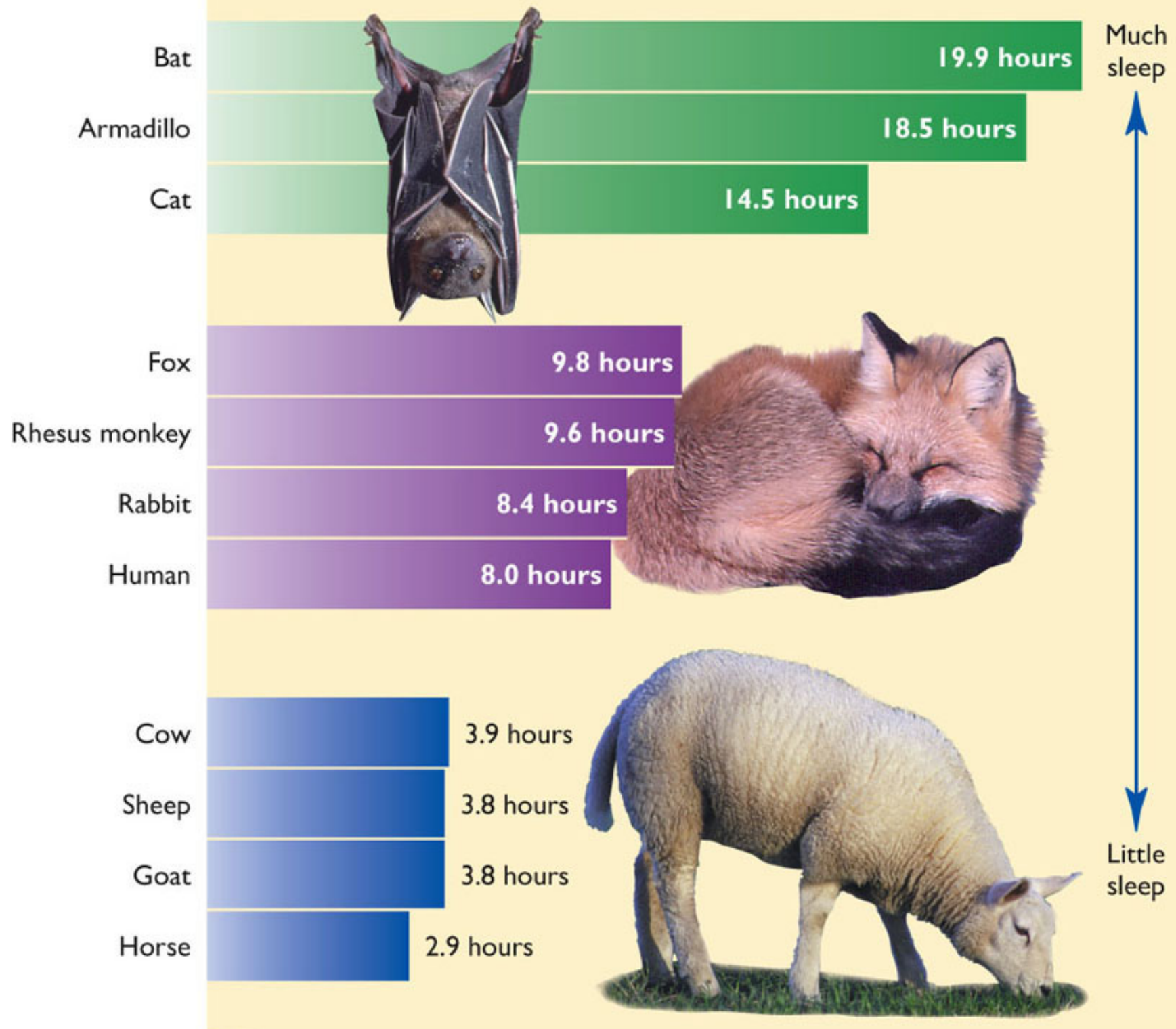


Average Normal Sleep for Different Creatures



Average Normal Sleep for Different Creatures







Southern opossum
Didelphis marsupialis

Large hairy armadillo
Chaetophractus villosus

Western European hedgehog
Erinaceus europaeus

Human
Homo sapiens

Domestic dog
Canis familiaris

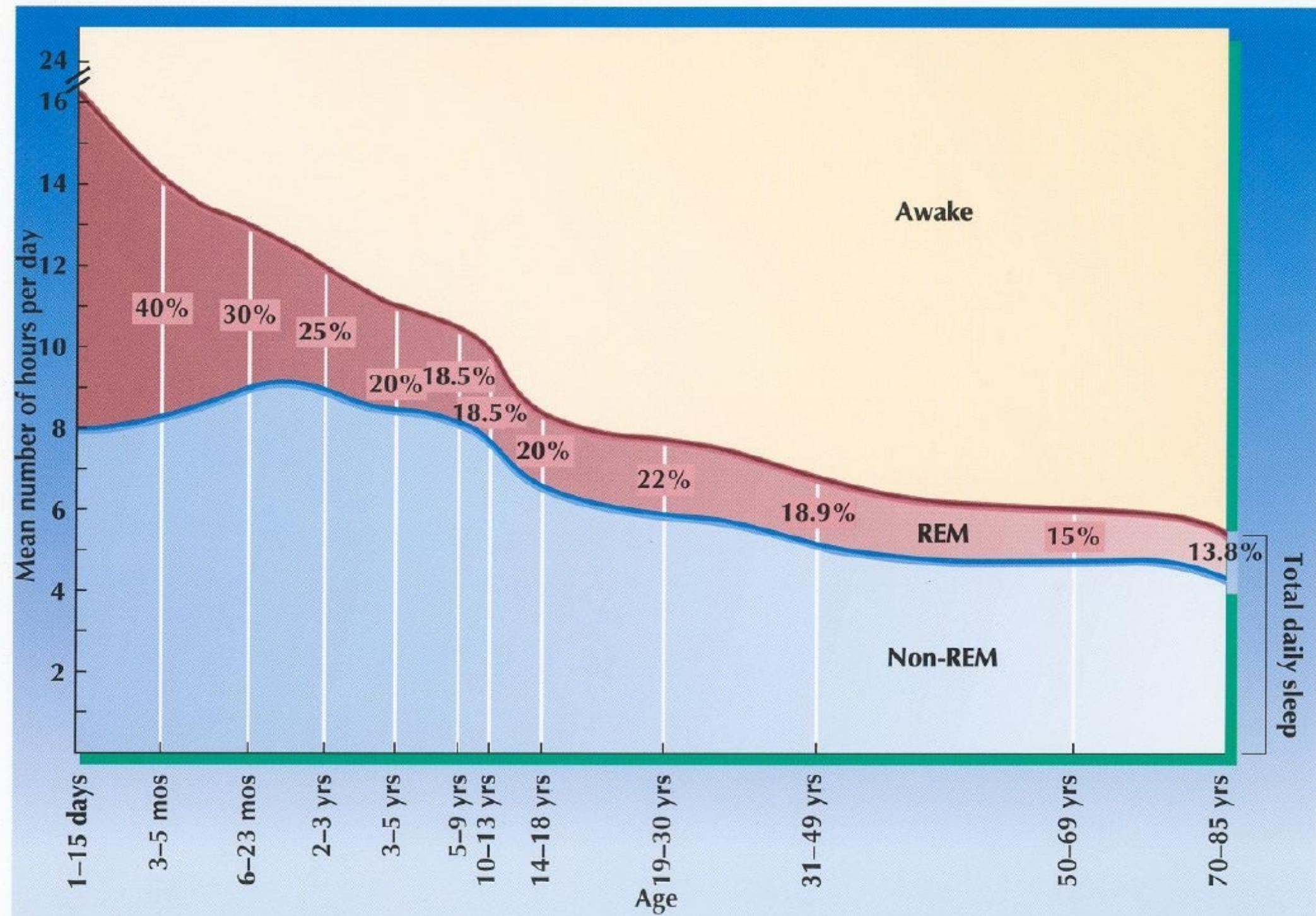
Domestic cat
Felis sylvestris

Cow
Bos taurus

House mouse
Mus musculus

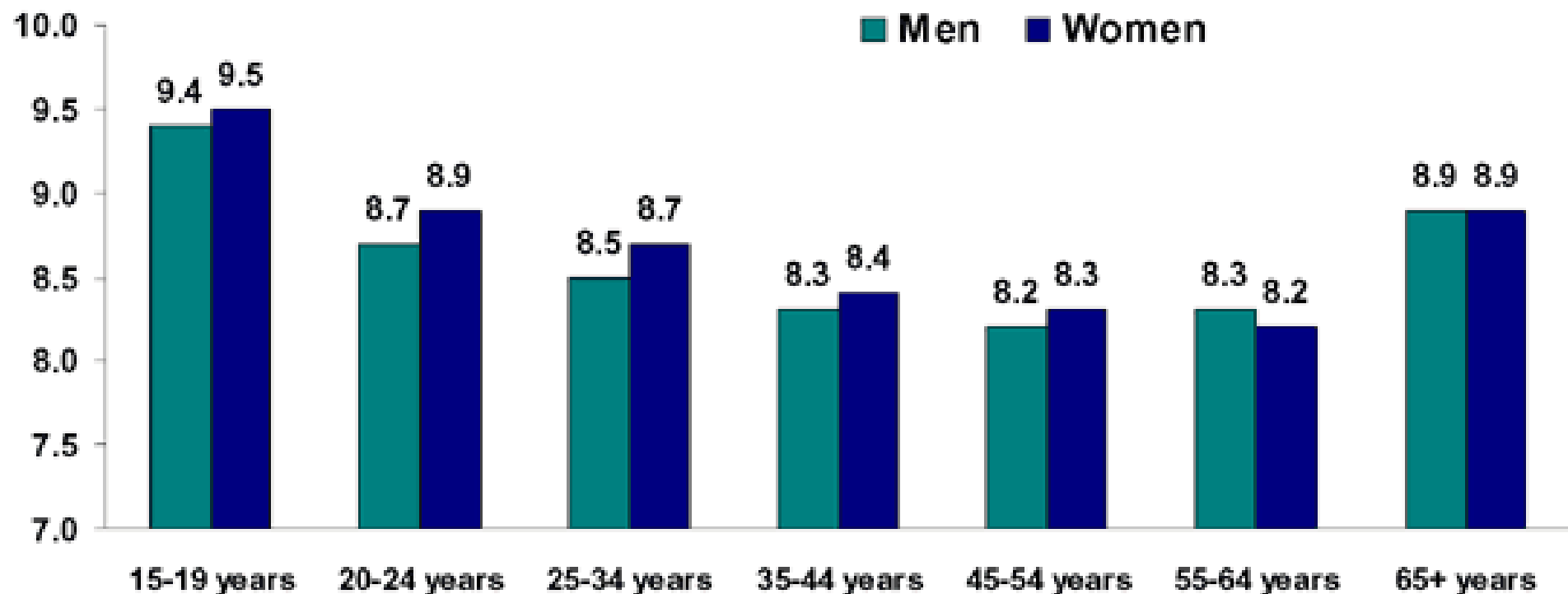
Total sleep (h)	% REM sleep	% Brain mass
19.4	41	0.24
20.4	28	0.47
10.1	40	0.46
8	31	2.12
8.6	22	0.5
13.2	32	0.87
4	23	0.17
13.2	11	1.9

Sleep Over The Lifespan



Average sleep times per day, by age and sex

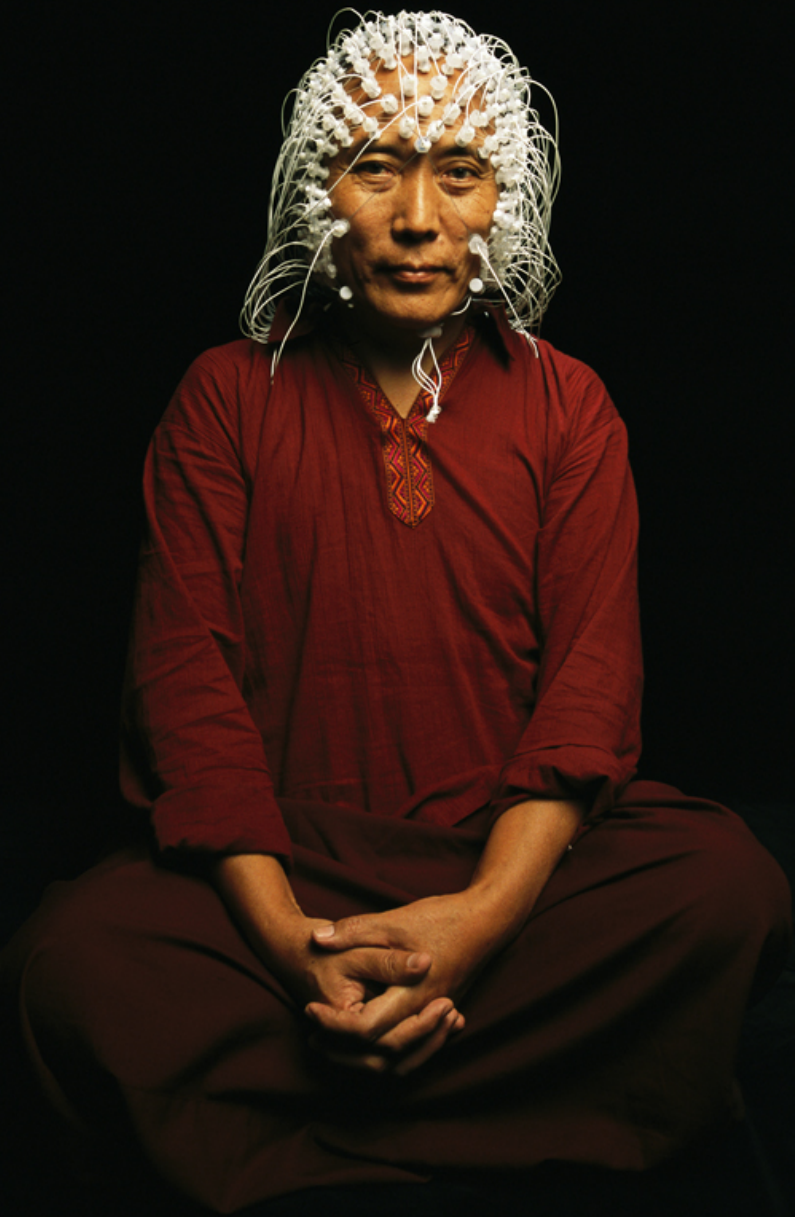
Average hours per day



NOTE: Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2007.

SOURCE: Bureau of Labor Statistics

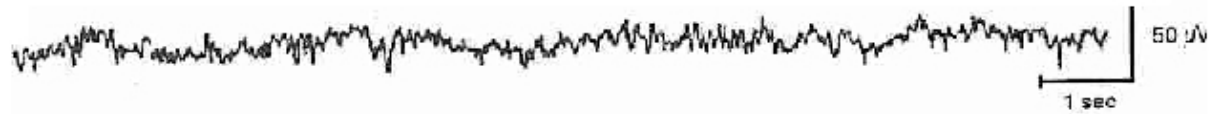




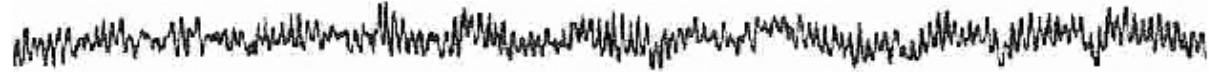
Tibetan monk outfitted with electrodes
Photograph by Cary Wolinsky

Stages of Sleep

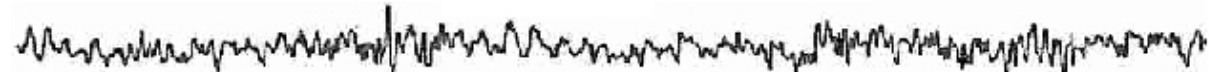
Beta Waves: Awake, High Frequency, Low Amplitude, Unsynchronized.



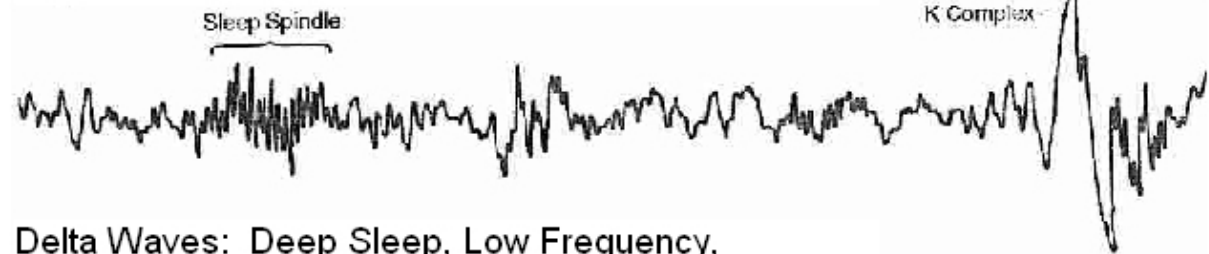
Alpha Waves: Very Relaxed, Lower Frequency, Higher Amplitude, More Synchronized.



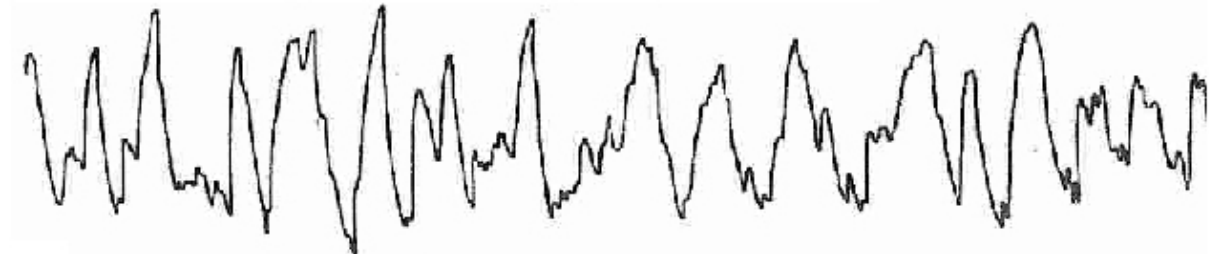
Theta Waves: Transitional, Lower Frequency, Little Change in Amplitude or Synchrony.



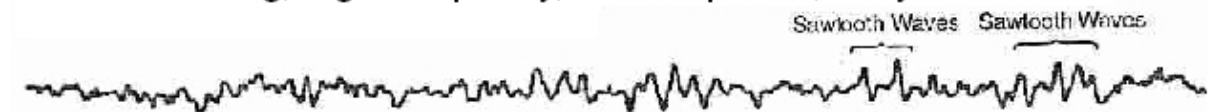
Sleep Spindles and K Complexes



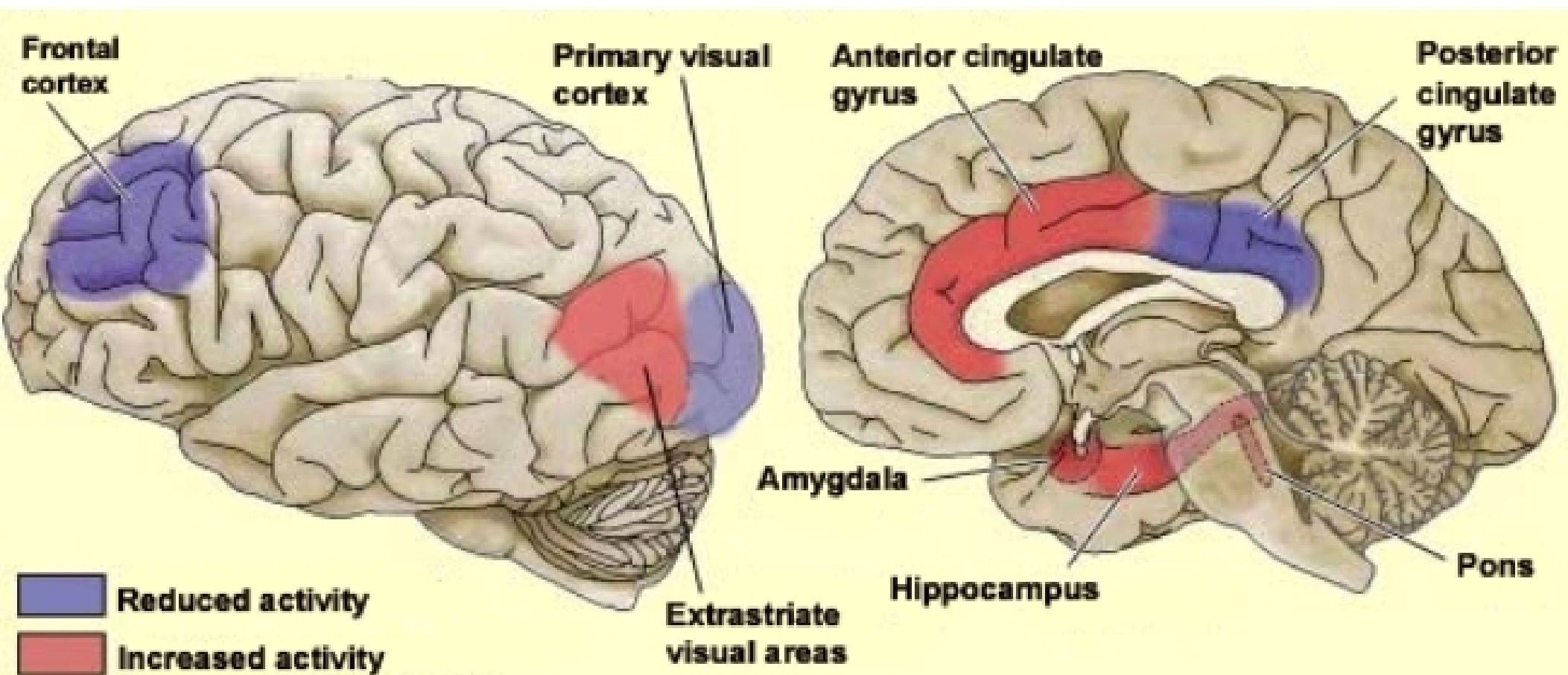
Delta Waves: Deep Sleep, Low Frequency, High Amplitude, Highly Synchronized.



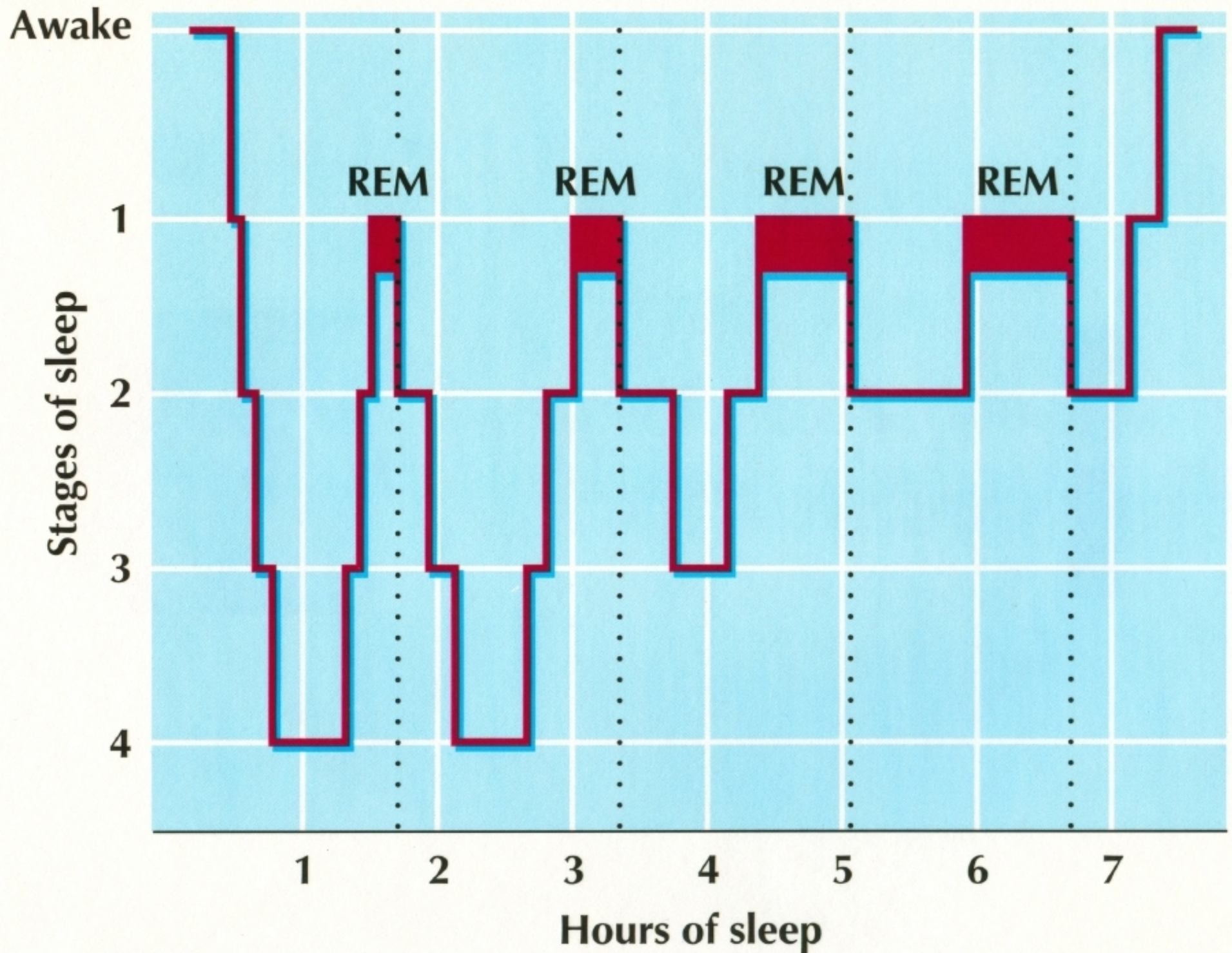
REM: Dreaming, High Frequency, Low Amplitude, Unsynchronized.



Brain Activity During REM Sleep



Sleep Cycles Over Time



Sleep Over The Lifespan

