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Sleep - Wikipedia

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 interactions with the surrounding environment.

Sleep | Definition, Patterns, Deprivation, & Theories | Britannica

Sleep, a normal, reversible, recurrent state of reduced responsiveness to external stimulation that is accompanied by complex and predictable changes in physiology. Sleep contrasts with wakefulness, in which state there is an enhanced potential for sensitivity and an efficient responsiveness to external stimuli.

About Sleep | Sleep | CDC

General information and recommendations about sleep and sleep health.

Sleep: What It Is, Why It's Important, Stages, REM & NREM

Managing your sleep is key to maintaining your health. Learn about sleep and what you can do to get the most from it.

Stages of Sleep: What Happens in a Normal Sleep Cycle?

Healthy sleep consists of four stages. We break down the traits of both REM and NREM stages, how they differ, and how to get better sleep.

Brain Basics: Understanding Sleep - National Institute of Neurological ...

Sleep is a complex and dynamic process that affects how you function in ways scientists are now beginning to understand. This webpage describes how your need for sleep is regulated and what happens in the brain during sleep.

SLEEP Definition & Meaning - Merriam-Webster

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 accompanied by a typical body posture (such as lying down with the eyes closed), the occurrence of dreaming, and changes in brain activity and physiolo...

Sleep | Psychology Today

Sleep is largely driven by the body's internal clock, which takes cues from external elements such as sunlight and temperature. The body's natural sleep-and-wake cycle is reasonably attuned to...

The Science of Sleep: Why We Need It and How It Works

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 regeneration that affects every single aspect of our lives.

SLEEP | English meaning - Cambridge Dictionary

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