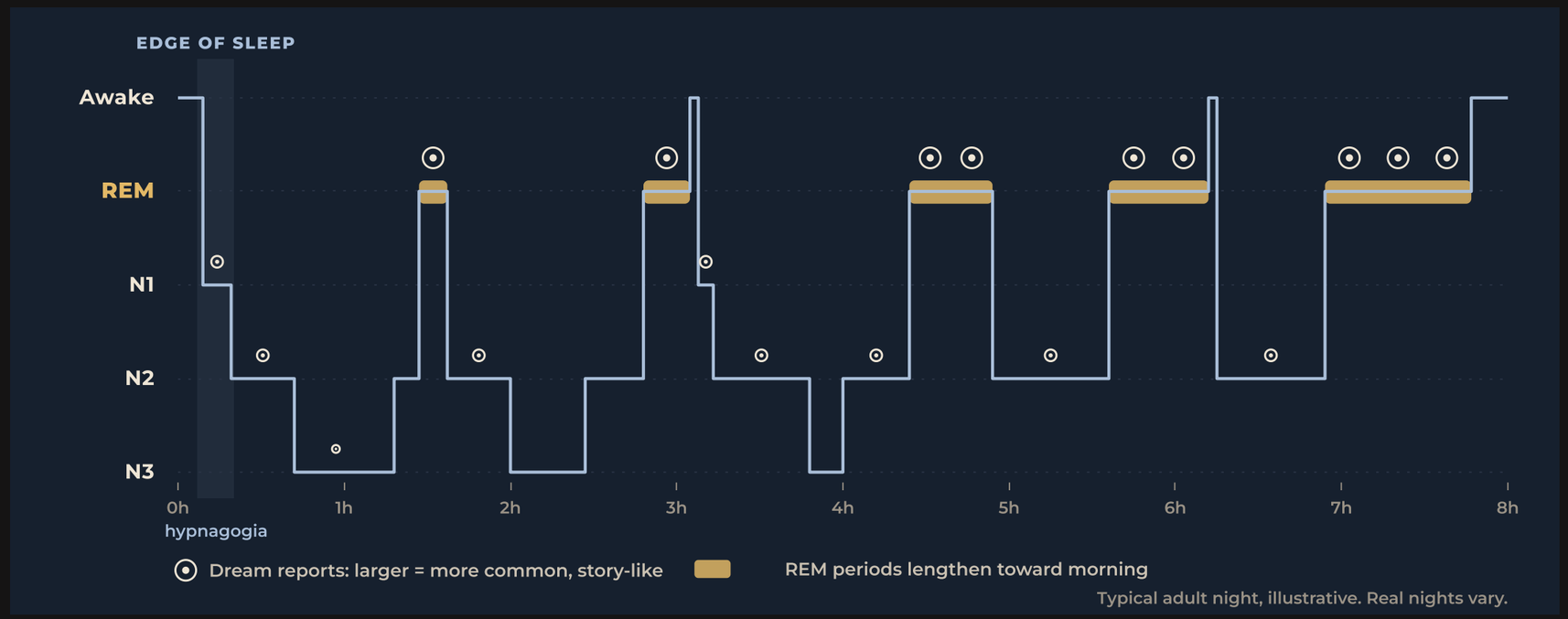
AQUARIAN ALCHEMY · THE ETHER ELEMENT

ONE NIGHT OF SLEEP: WHERE DREAMS HAPPEN

You travel through several worlds every night.



AWAKE
Brief moments of waking are normal, and most are forgotten.

LIGHT SLEEP (N1)
The edge of sleep. Fleeting images and sensations, called hypnagogia, often appear here.

LIGHT SLEEP (N2)
Most of the night is spent here. Dreams can occur, though they are often shorter and more thought-like.

DEEP SLEEP (N3)
Slow, restorative sleep, concentrated early in the night. Dream reports are least common.

REM SLEEP
The brain is highly active and the body's muscles are temporarily relaxed, while the eyes move freely. Most vivid, story-like dreams happen here, and REM periods grow longer toward morning.

People woken from REM sleep report a dream about 80% of the time. Dreams are also reported after many awakenings from non-REM sleep.

The longest dreams of the night tend to come just before you wake, which is why mornings are the best time to catch them.

SOURCES

Aserinsky & Kleitman (1953), Science: rapid eye movement sleep.
Siclari et al. (2017), Nature Neuroscience: dreaming in REM and non-REM sleep.
Lacaux et al. (2021), Science Advances: sleep onset (N1).

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