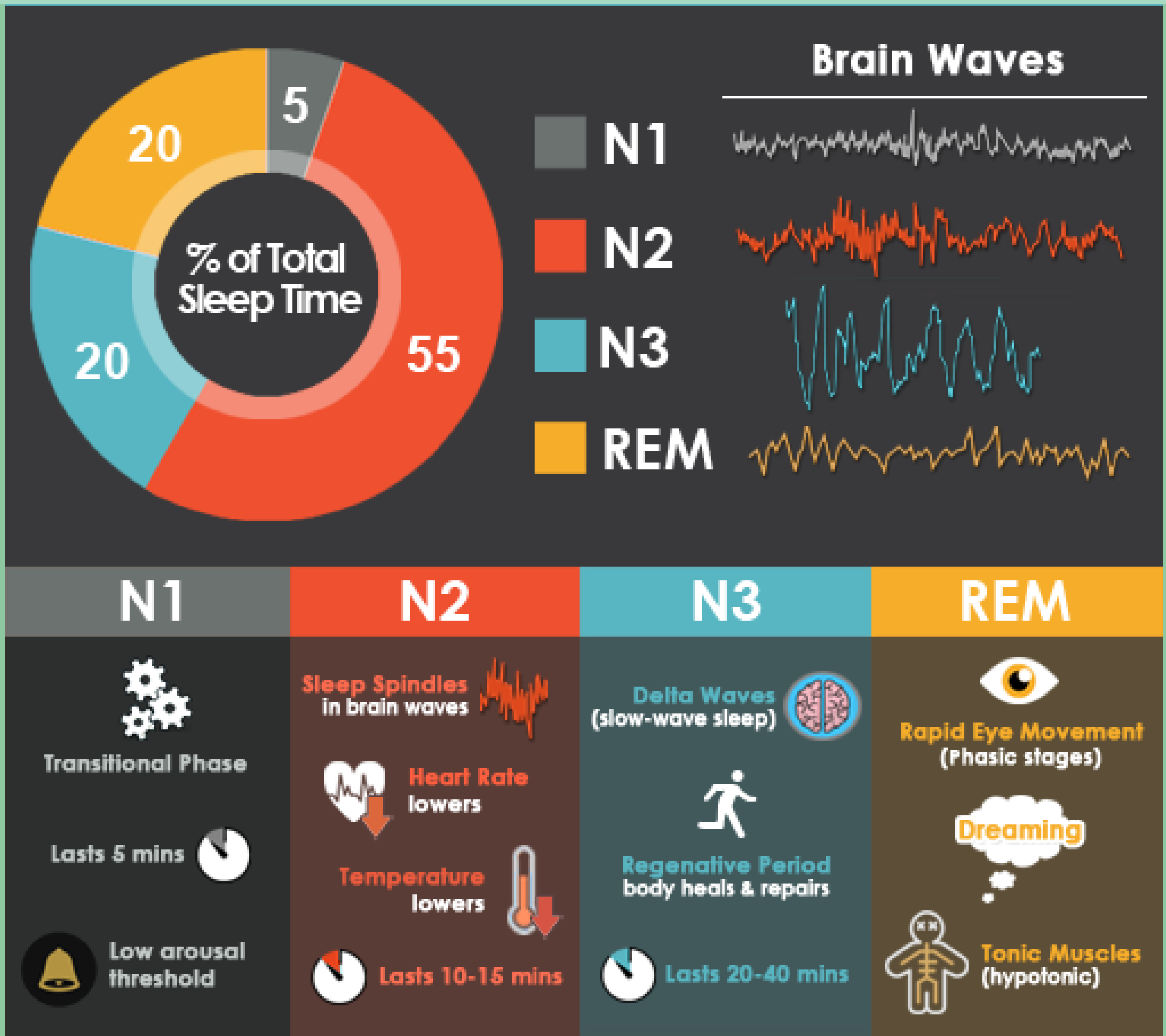


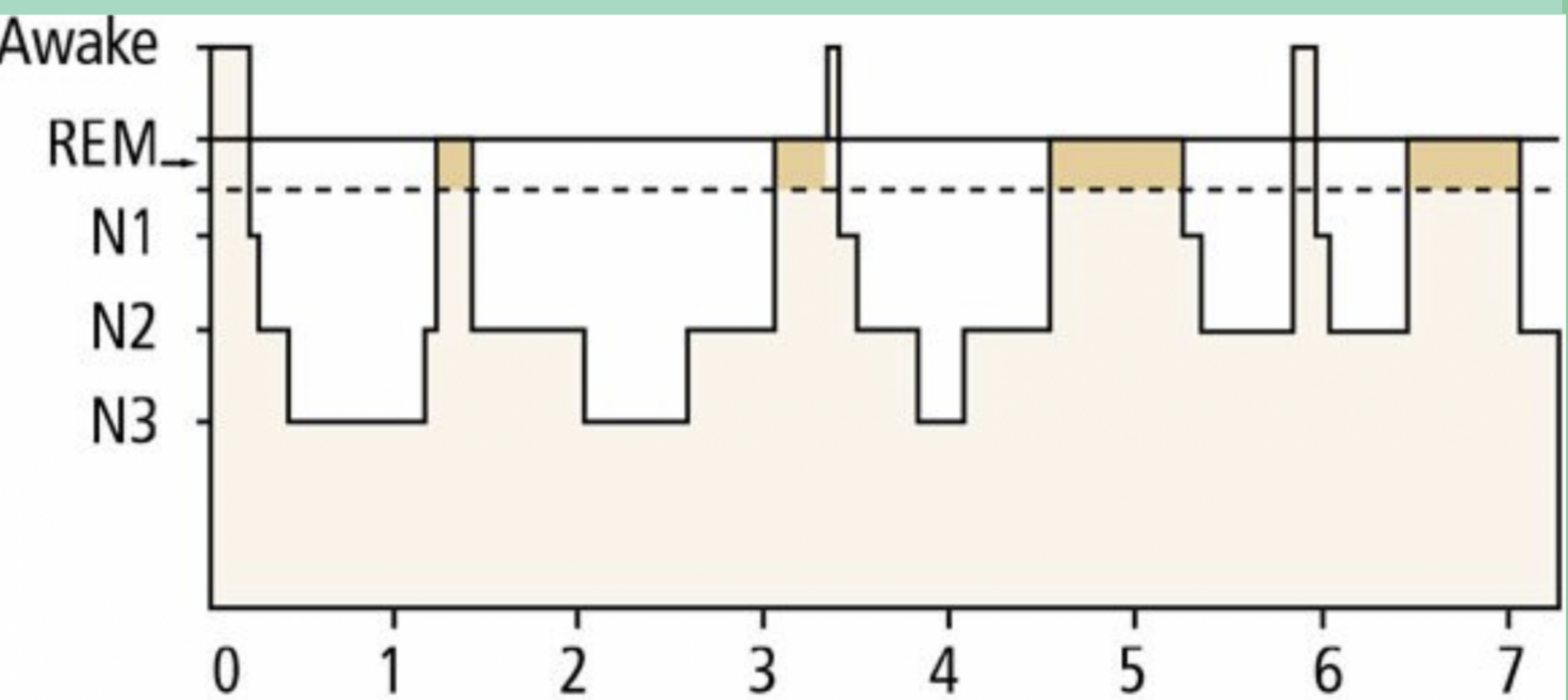


# A Look At SLEEP ARCHITECTURE

When you sleep, your brain waves exhibit specific activity patterns, which have various characteristics and correlates, as noted below.



When the sleep stages are plotted across time, their pattern resembles a cityscape, referred to as sleep architecture. The depiction below, known as a hypnogram, is for a "normal" sleeper. Note how little total time is spent awake across the 7 hour period.



## Resource Links:

Check out these additional resources for more information about sleep architecture and a free app for patients to augment CBT-I.



Video: Dr. Brim on Sleep Stages



App: CBT-i Coach