

## FIGURE 2.10 Electroencephalogram as an Objective Measure of Sleep Stages

EEG can be used to determine the stage of sleep that is present. Being awake reflects low-amplitude, faster EEG activity. During the night, the EEG becomes of a lower frequency as the person goes into deeper sleep. A person generally goes through three or four cycles of sleep during the night in which they move from stage 1 to stage 4 and back again.

Source: P Hauri, *Current Concepts: The Sleep Disorders*, 1982, Kalamazoo, MI: Upjohn.

