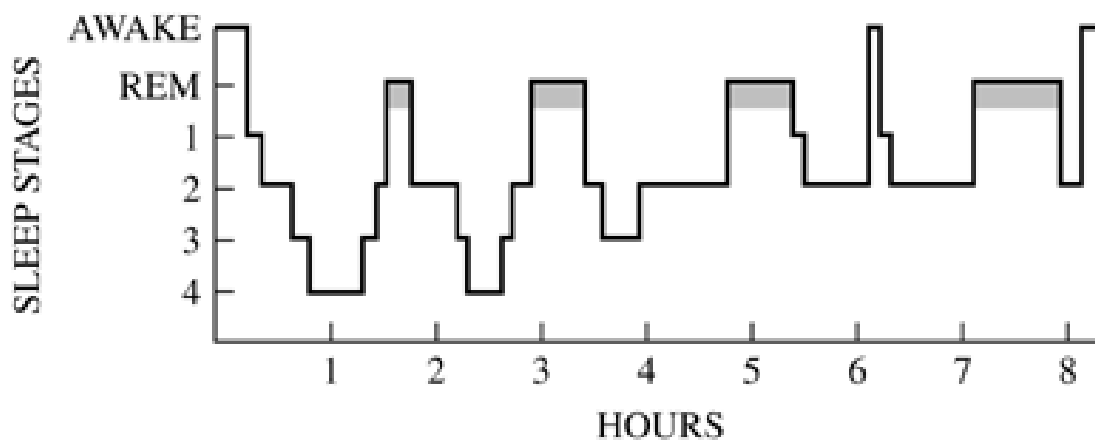


## *Stages of Sleep*



From: Morin, C.M., Savard, J., Ouellet, M.-C. and Daley, M. (2003). Insomnia. In Handbook of Psychology, I.B. Weiner (Ed.). doi:10.1002/0471264385.wei0914