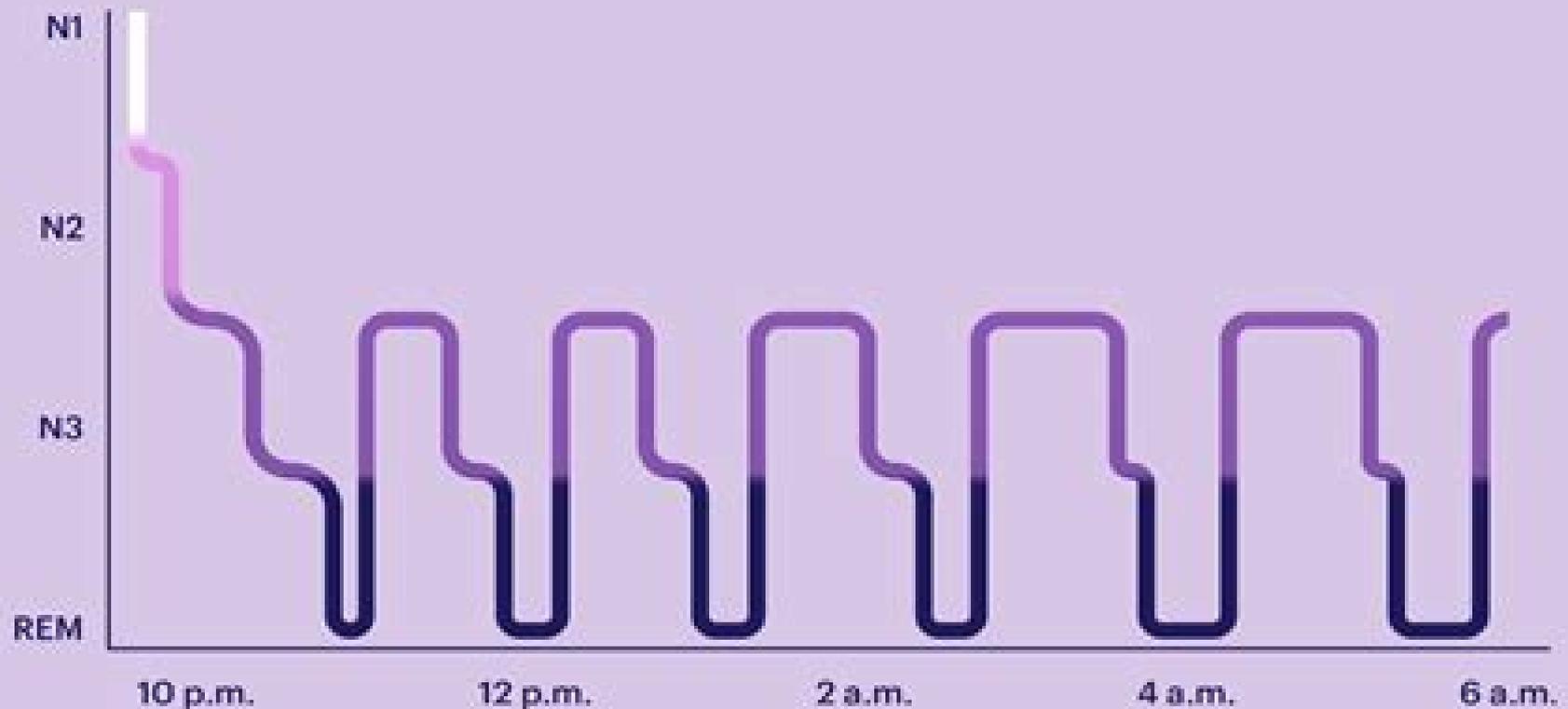


An Average Night's Sleep

● N1 (Lightest sleep) ● N2 (Light sleep) ● N3 (Deep sleep) ● REM



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