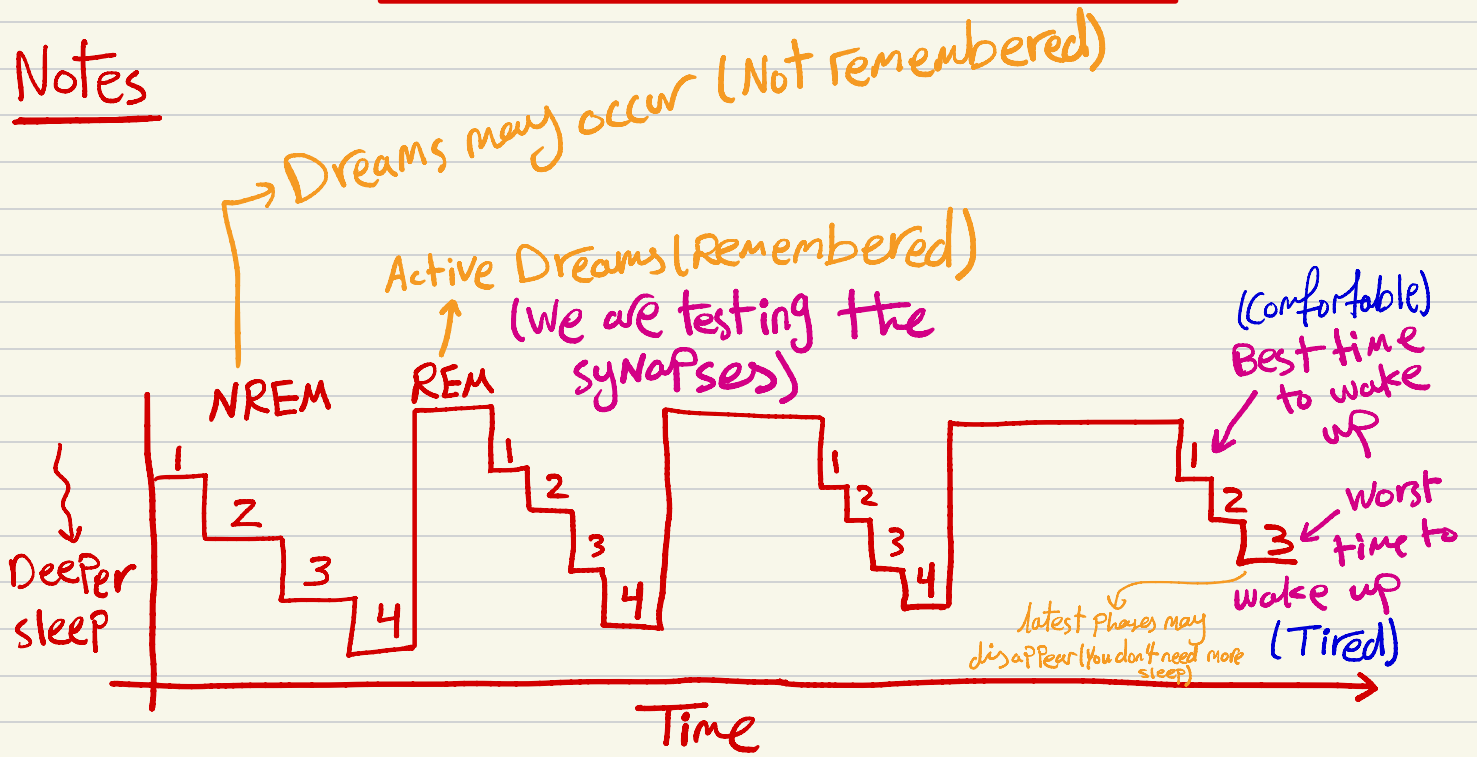
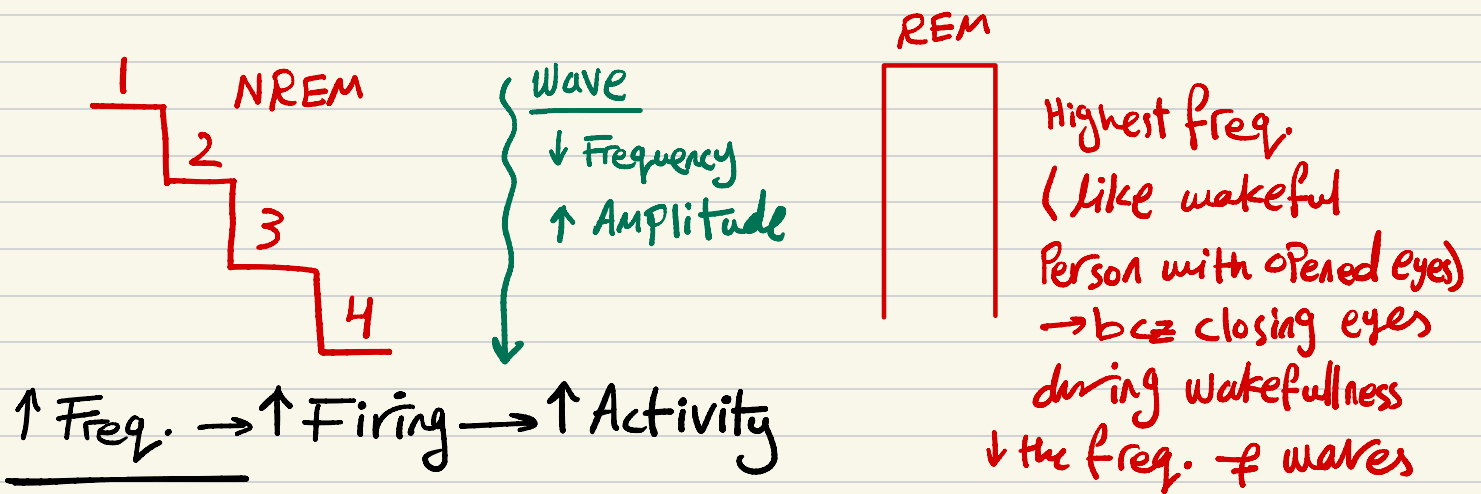


# Sleep & EEG Basics

## Notes



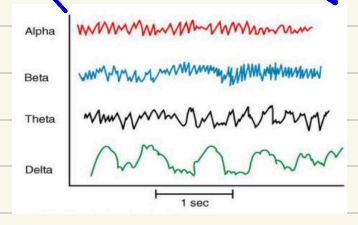
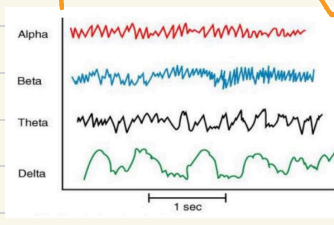
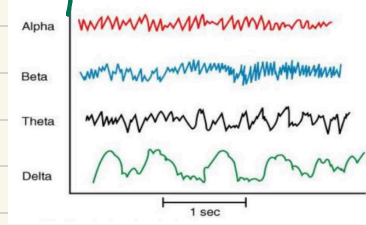
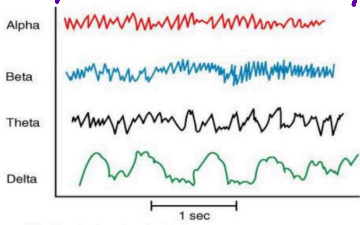
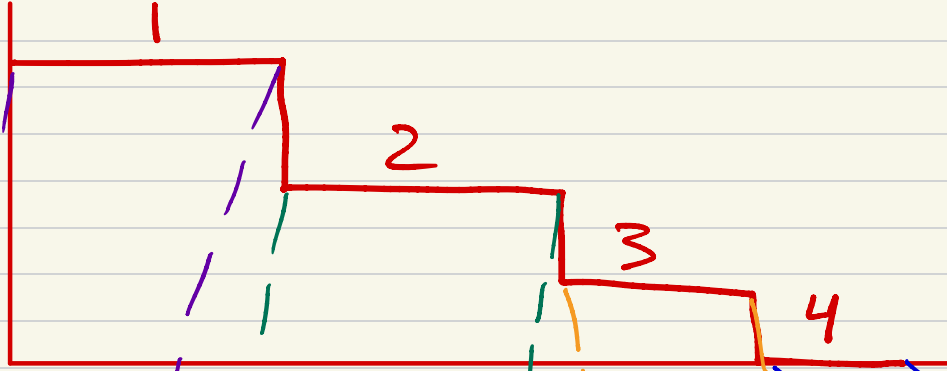
With time NREM duration progressively decreases & REM duration progressively increases



\* What we mean by EEG wave?

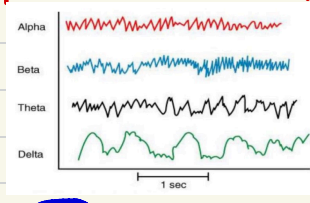
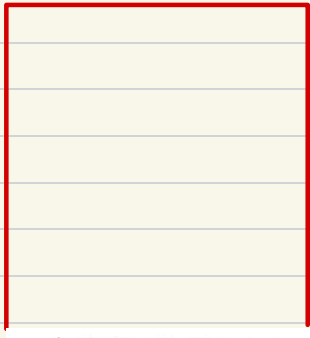
- Each wave measures the activity (Rate of firing) of a single group of neurons (specific brain region)
- In each phase you will find prominent wave (Never absolute) this means that this wave has the highest number of groups displaying it
- So, in a specific phase you will find multiple waves being displayed by different groups with a prominent wave which we care about

# NREM



$\alpha$  (Prominent)    $\alpha$  (Prominent)   Delta (Prominent)   Delta (Prominent)

# REM



$\beta$  (Prominent)

Frequency:

$\beta > \alpha > \theta > \delta$

↑ Activity

Lightest sleep

↓ Activity

Deepest sleep