**CONCEPT MAP – SLEEP**

Level of awareness

As an ASC

**Sleep Definition**

As an Ultradian rhythm

Stages

Order of sleep stages thru typical sleep cycles

Summarise key features of stage 1-4.

Summarise key features

Perceptual/cognitive distortions

REM sleep

NREM sleep

Content limitations

Proportions of NREM/REM as sleep progresses

Emotional awareness

Self-control

Draw a hypnogram

Controlled/automatic processes

Time orientation