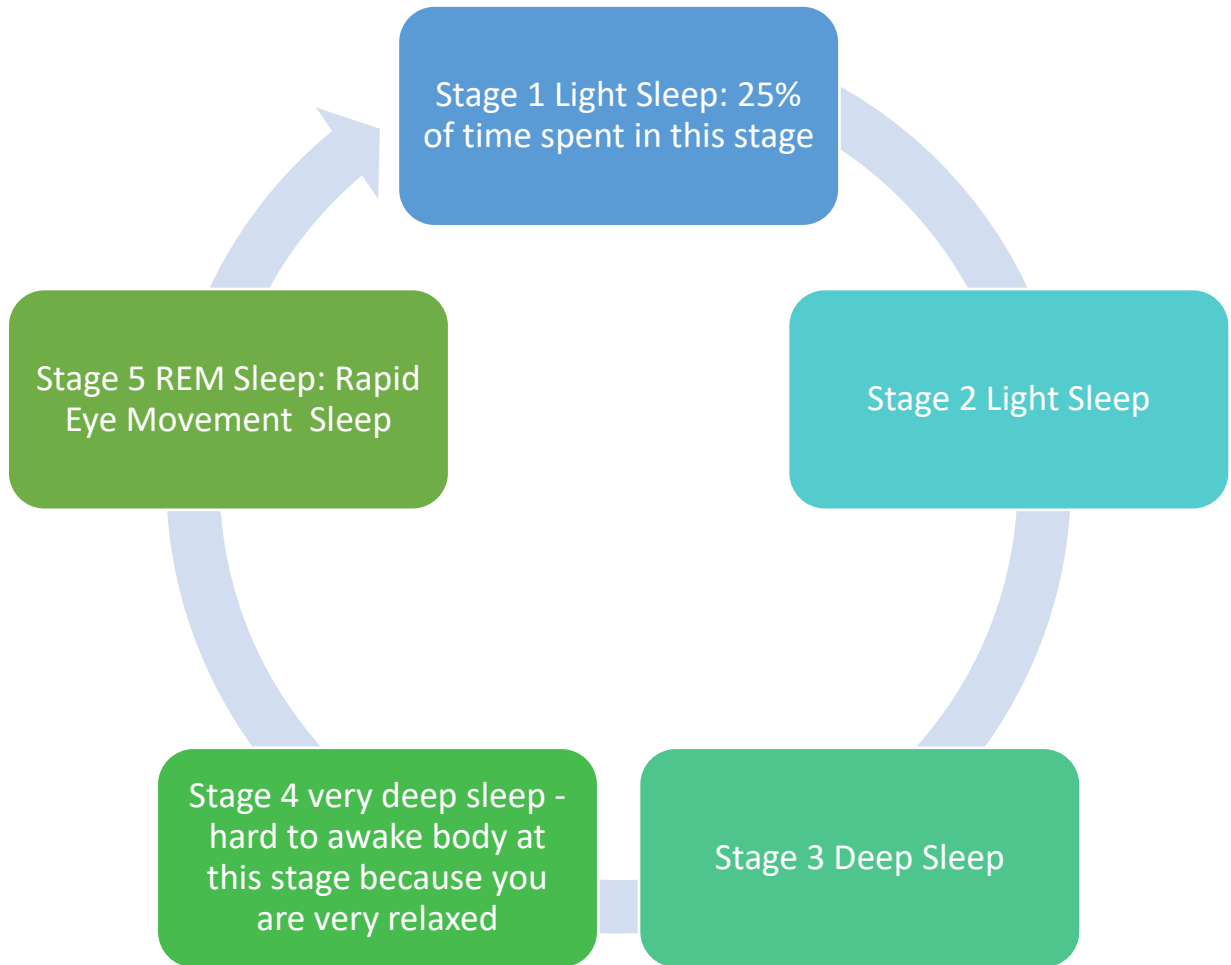


WHAT HAPPENS DURING SLEEP?



On average we go through the 5 stages of sleep 4-5 times each night with each sleep cycle lasting approximately 90 minutes. People who suffer with sleep problems spend less time at stage 4 and 5 which means spend less time engaged in the deepest levels of sleep.