**Circadian Rhythm:**
24 hour - sleep / dream cycle

![Pie chart showing the percentage of time spent in REM dreaming sleep, deep sleep, and awake throughout the day.](image)

**Note:** This chart is based on a normal 8 hour night of sleep with a 90 minute Ultradian Rhythm.

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**Sleep Cycle**
During 8 hours of sleep

![Graph showing the sleep cycle stages over 8 hours, with REM sleep highlighted.](image)

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