



Fig. 1. The natural sleep cycles during a typical course of sleep, a pattern called "the architecture of sleep." Smith, Melinda, et. al. "How Much Sleep Do You Need." *HelpGuide.org*, Mar. 2014, [www.helpguide.org/sleep-cycles/study/0012.87](http://www.helpguide.org/sleep-cycles/study/0012.87).

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