

# Stages of Sleep Analogy Picture

- -Individually on a piece of blank 8.5 x 11 paper.
- -Create an analogy of the five stages of sleep (ie; the stages of sleep are like a rollercoaster that rises and falls.)
- -Explain the brain waves and what is happening in each stage of sleep in a few sentences per stage.
- -Be sure to label all stages and color your sleep stages drawing.
- Include a title or analogy description too... rollercoaster etc.