What Are the Different Sleep Stages?

Inas B. - 2026-11-25 - Monitorização da saúde e atividade

Sleep is made up of repeating cycles that include different stages. Each stage is associated with different patterns of brain activity, body movement and physiological activity.

Sleep tracking features on supported Reebok smartwatches use sensor data and software algorithms to estimate sleep duration and identify different sleep stages.

The main sleep stages are Awake, Light Sleep, Deep Sleep and REM Sleep.

Awake

This stage represents periods when a person is awake during the night or between periods of sleep. Brief awakenings can occur naturally throughout the night.

Light Sleep

Light sleep is a stage of non-REM sleep that occurs as the body transitions into deeper sleep. During this stage, heart rate and breathing generally begin to slow.

Light sleep makes up a substantial portion of a typical night's sleep.

Deep Sleep

Deep sleep is a stage of non-REM sleep associated with physical restoration and recovery. During this stage, the body is generally less responsive to external disturbances.

Deep sleep is an important part of the normal sleep cycle.

REM Sleep

REM stands for Rapid Eye Movement. During this stage, brain activity becomes more active, and dreaming is more common.

REM sleep is associated with memory processing, learning and other cognitive functions.

How Does a Smartwatch Estimate Sleep Stages?

A smartwatch uses movement information from its accelerometer and, where supported, physiological measurements such as heart rate to estimate sleep patterns.

Its software analyzes these signals to classify periods of sleep into estimated stages.

Smartwatch sleep stages are estimates rather than direct measurements of brain activity. They may differ from results obtained through a clinical sleep study.