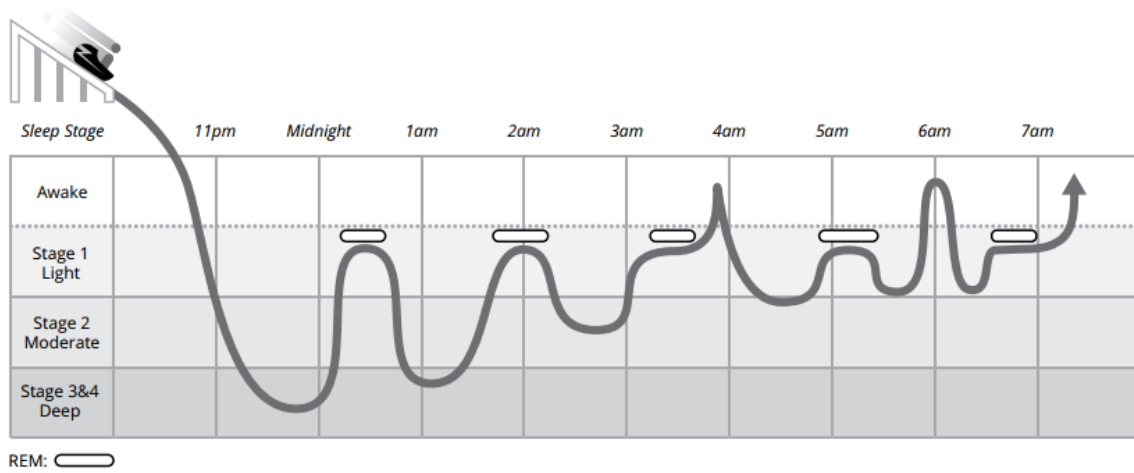
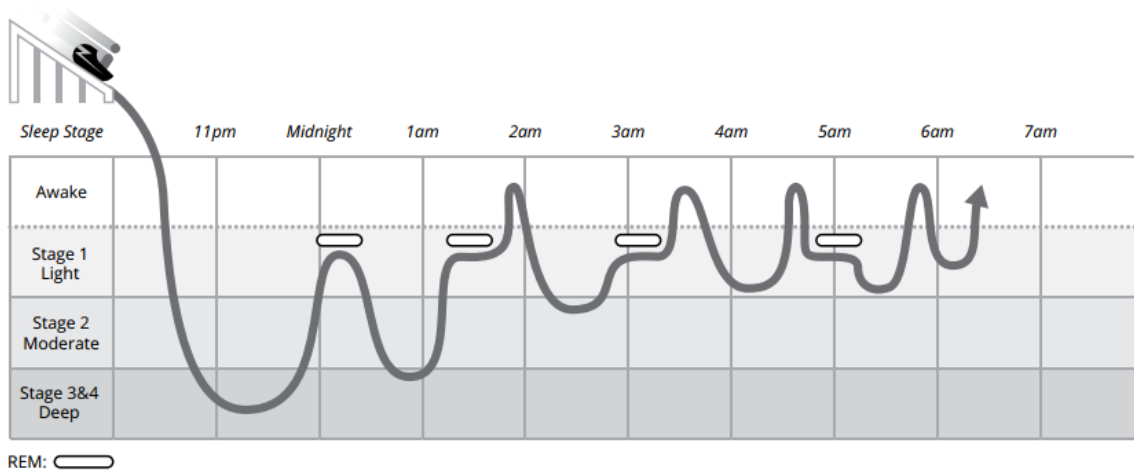


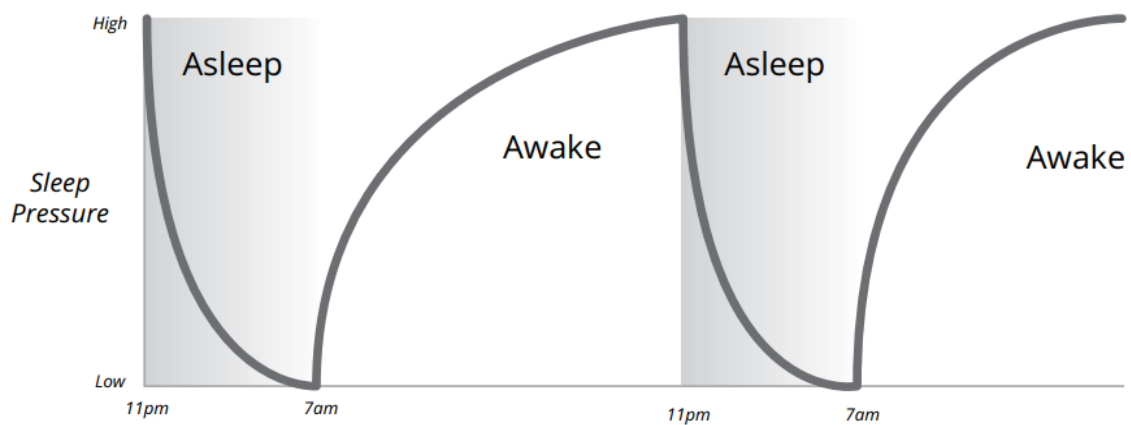
## Normal Adult Sleep Pattern



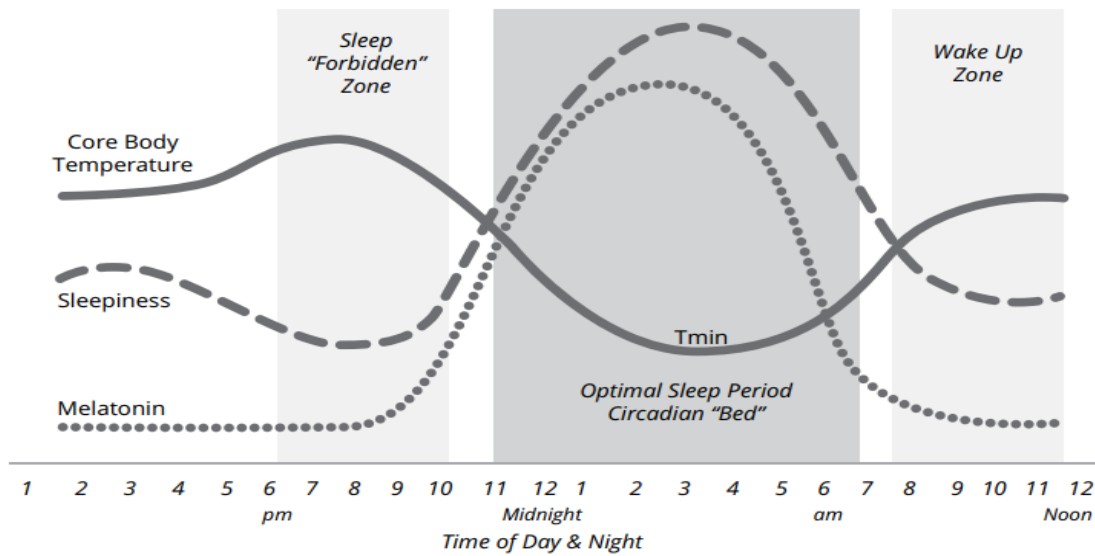
## Healthy Older Adult Sleep Pattern



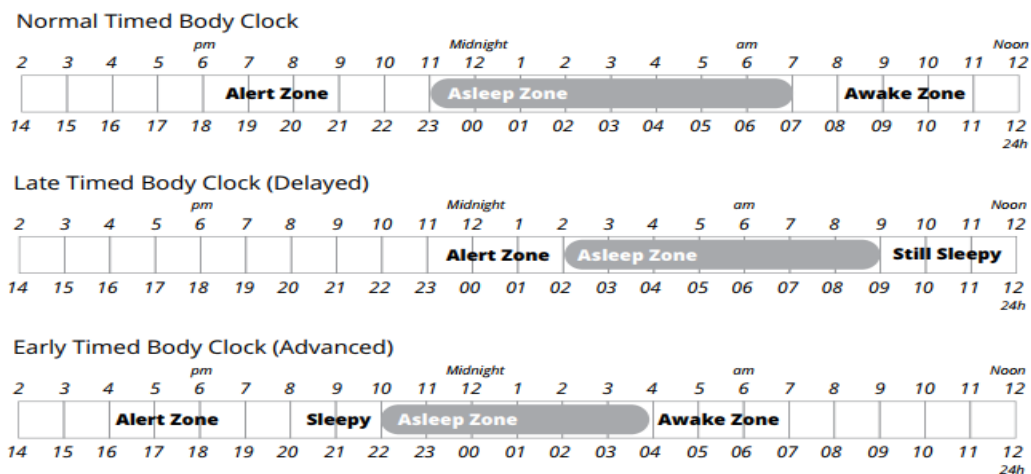
## Sleep Drive



## Circadian Arousal Drive - Body Clock



## Body Clock Alignment



## Two-Process Model of Sleep

