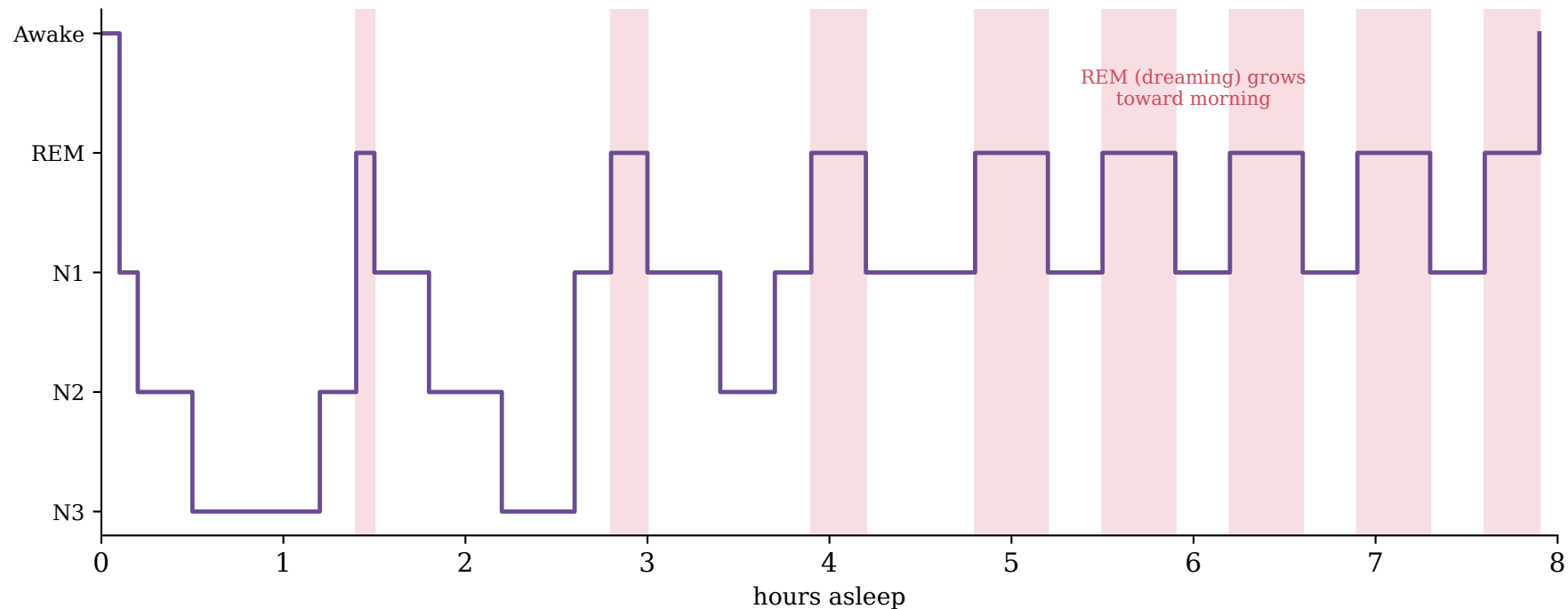


A Night Is Not One State — It's a Cycle



Consciousness doesn't just switch off at night; it changes mode, cycling through deep sleep and vivid dreaming every ~90 minutes.