

Sleep Stage Pair	Transition Pattern ^a	Rule	Differentiating Features
N1-N2	N1-{N1,N2}	5.A.Note.1	Arousal, K-complexes, sleep spindles
	(N2-)N2-{N1,N2}(-N2)	5.B.1 5.C.1.b	K-complexes, sleep spindles Arousal, K-complexes, sleep spindles
	N2-{N1-N1,N2-N2}-N2	5.C.1.c	Alpha, body movement, slow eye movement
N1-R	R-R-{N1,R}-N2	7.B	Chin EMG tone
		7.C.1.b	Chin EMG tone
		7.C.1.c	Chin EMG tone, arousal, slow eye movement
N2-R	R-{N1-N1-N1,R-R-R}	7.C.1.d	Alpha, body movement, slow eye movement
	R-R-{N2,R}-N2	7.C.1.e	Sleep spindles
	(N2-)N2-{N2,R}-R(-R)	7.D.1	Chin EMG tone
		7.D.2	Chin EMG tone, K-complexes, sleep spindles
		7.D.3	K-complexes, sleep spindles

^aCurly braces indicate choice between the stages or stage progressions in the set, and parentheses indicate optional epochs.

Sleep Stage Scoring Manual

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