

Malin Bång alpha waves (2008)

hyper-active intense courses of events, at the same time as complete stillness and relaxation. The sleep cycle is like a paradox of complex motions and deep tranquility entwined in one simultaneous action. Before completely falling asleep, when we are closing our eyes and relaxing, alpha waves appear in the brain. During the three first phases of the cycle we are moving from a light and easily disturbed sleep towards heavy and deep sleep, while the muscle activity and eye movements slowly disappear. During the fourth phase a very deep and calm sleep continues. But only until the dream sleep suddenly capture us and throws us into its world of chaos and unpredictable challenges...

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