El reflexivo "incoativo" del español indica cambios de estado:

Me dormí a las siete.
Dormí siete horas.
Estaba dormido.
Me estaba durmiendo cuando llamaste.
Se sentó frente a nosotros.
Está sentado frente a nosotros.
Me enamoré de él.
Estoy enamorada de él.

I fell asleep at seven.
I slept seven hours.
I was asleep.
I was falling asleep when you called.
He sat down in front of us.
He is sitting in front of us.
I fell in love with him.
I am in love with him.

Change of emotional state, or emotional reaction to something:
aburrirse  to get bored
divertirse  to have fun
alegrarse  to rejoice, be glad
enojarse  to become or be angry
asustarse  to become or be frightened
enorgullecerse  to feel or be proud
avergonzarse  to be ashamed, embarrassed
entrístecerse  to become or be sad
calmarse  to calm down
preocuparse  to worry

Change of physical state:
acostarse  to lie down
moverse  to move (physically)
despertarse  to wake up
mudarse  to move (residences)
dormirse  to fall asleep
secarse  to dry off, dry out
levantarse  to get up
sentarse  to sit down
mojarse  to get wet
volverse  to turn around

Change of mental state or level of consciousness or memory:
acordarse  to remember
equivocarse  to be mistaken
darse cuenta  to realize
fijarse  to notice
enterarse  to find out
olvidarse  to forget