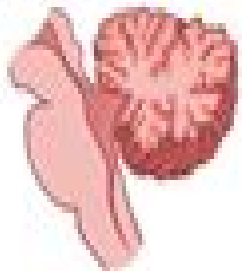


PHYSIOLOGY of SLEEP

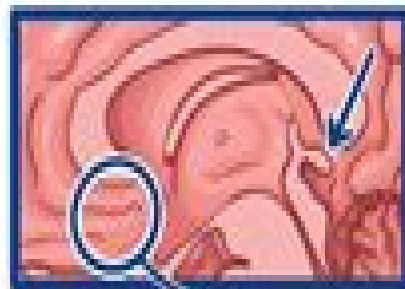
- * ↓ HR
- * ↓ BP
- * ↓ BODY TEMP
- * ↓ RESPIRATION
- * ↓ MUSCLE TONE



HYPOTHALAMUS

↳ CIRCADIAN RHYTHM

~ GAMMA-AMINOBUTYRIC ACID (GABA)



BRAIN STEM

- ↳ ↓ ACTIVITY in AROUSAL CENTERS
- ↳ RELAX BODY

PINEAL GLAND

↳ MELATONIN (REGULATE SLEEP CYCLE)

BASAL FOREBRAIN

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Sleep Mechanisms

Minjie Lin



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Basic Sleep Mechanisms is a collection of studies about the different mechanisms that facilitate the process of sleep. The studies, despite being made by experts of different subspecialties, are more purposed for general interest. The book is divided into four parts. Part I covers the concepts under the neurophysiological mechanisms of sleep, such as the sleep/wake cycle, pontine stimulations of sleep, and the role of different parts of the nervous system in sleep. Part II includes topics under the neurochemical aspects of sleep and the role of monoaminergic neurons in it. Part III discusses the different three states of the adult human body, the direction in its research, and its psychological aspect. Part IV explains the developmental aspects of sleep, especially in infants and children. The text is recommended for neurologists, doctors, and psychologists who want to know more about the study or to conduct their own study about sleep, the principles behind it, and its development. Sleep

Mechanisms and Functions in Humans and Animals Andrew Richard Mayes, 1983 *Sleep* Teofilo L. Lee-Chiong, 2005-12-23

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