

**Fig6. Regional contributions to energy efficiency.** Brain regions contributing most to energy reductions in state transitions. Left: visual-to-frontal transition, with contributions from areas 18 (Visual), 19 (Visual), and 6aBeta (Frontal) and vPAF (Auditory). Right: visual-to-prefrontal transition, with contributions from area DZ (Auditory) and vPAF (Auditory). (Abbreviations: vPAF = ventral Posterior Auditory Field; DZ = Dorsal Zone)