16 Sparish a bolimi Sparnek => reversibilin' proces, he reaked ma semourched shimaly, redukce mobrake alebrity, mala interalece s vnejstm postredere Spanie je proces restocations - delinity pro immitted system ZEM = Rapid eye movements ZEM spanele - nive my, pralora atomie, EEG podobne juho pri boline - u slovitej sich organismu (ty, ktera panýsti) botem policie - dileaity pro regeneraci prefrontalen lo houtexa NON-RETU spariele-mala neuronailui alelinita mochen - metatolio mus mustan je na moste u novni - intektni pra long tomus - NDEM 1-3(4) Hyprogram - archikhteva ppankun - 5-6 cyklin sa noc - 1 cyllus 60-90 minut Eght sleep depsleep - Bdimi -> REM -> NREM1 -> NREM 2-> NREM 3 -> NREM 4 - Behan promoch eykli dossíhnuto i NETA 4 - V posdijsteh aphlech se dobahuje mrs.d. NREM atten & p bour se vegy ! hlubolym spanhem I Com jone short him neine REM spanker marne repoure s NREM minute maji eca 1:1 pomin REM: NREM PROT SPIME? · prospinu 3 žirota · E'm dele jone voliere, tim vice jone unaveni - ar upadueme do spisike · kogni hom' fa joon miros pri spainkon' deprivaci - sous hedimi, realismi doba - problemy a paniti; emo aomilio motabilita · lette mnoëstor " udrevracich "mesourodych foi se dije ve spanke - los solidare permiti - prio tarba metaboli chezch drah - o aplavova'm' Socimi - Imanitoni ogstem je alatimijsi

ARAS Esskupina jader o difeism' projeka do alile moske is tide spanele / bolimi Grexim l'Expocretion vo lateraile un hypothalamen reguleje cels IRAS Newrotean smitery belilost Brennessummisius provincialisticalis, Lo achilcholin, orexin, scrotomin, nore pine phoine, his tamin (>autihistaminika >) os palost) 4) dopamin, non adrenalin, gluta mat => bolilost a vidomi v korsexu Narkolepsic 4) clovek murie upadrout do sparler uprostrid connosti 4) pri sparalen or more se maspale casto budi' is pourcha in hypotherlama in neuromech syplamifach ocesin HECHAMSHY VYVOLA'VADI'CI' SPA'NEK VLPO (= ventrolatoral preoptic nu dens) uvolinje GABA a galumin 1) in hibice ore 1: novich newcomi a produke Prista uniun 1) mais bednar in hibice deloids newrotrans untern Ademosin a ATP se près den aleumuluje 4) am vice adenosima, him vice jours ospoili Lo va'te se ma 6,484 receptory Lo Kofein se varie ma jelio receptory a proto reclicum spatt Neexistyje jedna medeleda, ktora by indukorala prediod spainel tolicus podnar De o KOMPLEKNI system SPAINMOVE PATOLOGIE · Narholepsic Spainhova aproce / chragram · typo som me Imsomme · Namus (Enost (NREH 3-4) - amnine · NOTM' bety (NRETI 3-4) - los amnérice " say bes oralove about (a otorisich miss) · Spainlova paralyen - atomic, to our pried us nation I woobseen in (NREM1), halmamace, or melastim veten, caste in murleolepsic

Drouscotkory MODEL SPANKU

- · Horne on tabely proces -5
- · Cinhachia lui proces matasora mi sponlu C



Cirkadea las suphny

- barda' buntea mai slastru oscilastor
- v moster je centra'lur oscila tor (mad butsimim vialeous d' deale)
- pohud odotramime uyhmiche prostredi waine vnitrini periodi
- endogenn' penode kardilio don ba se l'oi
- len tradent hodiny savoi supradur smatrika juitra SCN
- Symcloromisace diky Rehma'lu'm ganglivojím hun-bami
- Desynchronisace hodin v organismuch a thaimich tela vede na poruchy fungovami organismu

ismapi. poucly spainter, bolest blang, umava, rasivaci problem,

- Holekula mui podotata in kadia luch ytmi

es aprimace a digradace qui orliving saich bolitost - aphlicha

- Kelatouin = hormon try

Depomarlia opadronisasi oscilartoren s duem

- Sony a skrivani -> miminha si srybagi netalik misici

Lo adolescent - sovy

L) pale se to nota'la'