Sleep pressure can only be reduced through sleep, and can be measured through slow wave activity (SWA) which increases in proportion to the waking period and decreases in response to sleep duration, reflecting the dissipation of accumulated sleep pressure (Dijk & Czeisler, 1995).

Effective dissipation of sleep pressure

SWA is characterized by increased

Effective dissipation of sleep pressure is linked to restorative sleep. At the beginning of the night when sleep pressure is highest, there is an increased of slow wave acti

Sleep pressure can also be measured objectively through increased slow wave activity (SWA) in the sleep EEG, characterized by increased spectral power in the delta frequency range (0.5-4.5 Hz). Therefore, SWA during sleep is a marker of sleep homeostasis **(pressure?)**.

**Can I make this make more sense or add a so what? Or should I just include it in the para above?**

Sleep pressure can also be observed in the waking EEG through increased theta power (4.5-8 Hz) in response to sleep deprivation, with the increase in theta power during wake correlating with increased SWA during sleep (Cajochen et al., 1999; Finelli et al., 2000). **Sleep pressure can only be reduced through sleep, with effective dissipation being associated with increased feelings of restoration upon wake** (**cite**). ***Fix sentence***

**Hypothesis**

Finally, we conducted exploratory analysis in theta