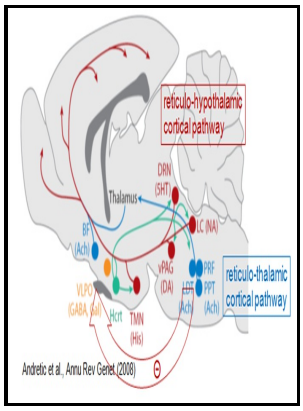
Neurochemistry of sleep and wakefulness

Cambridge University Press - Neurochemistry of Sleep and Wakefulness by Jaime Monti



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Neurochemistry of Sleep and Wakefulness

He proposed that the pressure to sleep was the maximum when the difference between the two was highest.

Neuroscience of sleep

One challenge studying sleep evolution is that adequate sleep information is known only for two phyla of animals- and.

The neuroanatomy and neurochemistry of sleep

Norepinephrine, serotonin, dopamine, and histamine have complex modulatory functions and, in general, promote wakefulness. Frequently, sleep disorders have been also associated with neurodegenerative diseases, mainly when they are characterized by abnormal accumulation of , such as MSA , PD and LBD.

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Prior knowledge is essential for the beneficial effect of targeted memory reactivation during sleep. The greater signal-to-noise ratio in the LG cortical channel suggests that visual imagery in dreams may appear before full development of REM sleep, but this has not yet been confirmed.

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Of course, in humans as well as other animals, such a hormone may facilitate coordination of sleep onset. It assumes the hippocampus might hold information only temporarily and in fast-learning rate, whereas the neocortex is related to long-term storage and slow-learning rate. These hypotheses are still being explored.

Neurochemistry of sleep and wakefulness — University of Texas Southwestern Medical Center

For example, it has been found that sleep deprivation does not significantly affect recognition of faces, but can produce a significant impairment of temporal memory discriminating which face belonged to which set shown. This dialogue between hippocampus and neocortex occurs in parallel

with hippocampal and , synchrony that drives the formation of spindle-ripple event which seems to be a prerequisite for the formation of long-term memories. Similarly, treatment may be behavioral such as or may include pharmacological medication or.

The Neurochemistry of Sleep and Wakefulness

Other proposed functions of sleep include- maintaining hormonal balance, temperature regulation and maintaining heart rate. In any case, the two process mechanism adds flexibility to the simple circadian rhythm and could have evolved as an adaptive measure. It protects the animal during that portion of the 24-hour day in which being awake, and hence roaming around, would place the individual at greatest risk.

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Psychosocial studies of the individual's changing perspectives in Alzheimer's disease Premier Reference Source. However, the proportion of REM sleep in birds is much lower.

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