

Neurochemistry of sleep and wakefulness

Cambridge University Press - The Neurochemistry of Sleep and Wakefulness



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The neuroanatomy and neurochemistry of sleep

New York: Facts on File.

Neuroscience of sleep

One of the earliest proposals was to define sleep as the deactivation of the and the because of near lack of response to sensory inputs during sleep. Functional paralysis from muscular in REM may be necessary to protect organisms from self-damage through physically acting out scenes from the often-vivid dreams that occur during this stage. Also, sleep intensity of a particular region is related to the corresponding amount of activity before sleeping.

Neurochemistry of Sleep and Wakefulness by Jaime Monti

However, the development of improved imaging techniques like , and , along with high computational power have led to an increasingly greater understanding of the mechanisms underlying sleep. Experiments indicated that, in healthy children and adults, episodes of fragmented sleep or insomnia increased sympathetic activation, which can disrupt mood and cognition.

Neuroscience of sleep

Most theories of dream function appear to be conflicting, but it is possible that many short-term dream functions could act together to achieve a bigger long-term function.

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