

PHYSIOLOGY OF SLEEP WAKE REGULATION



Process-S reflects the increase in sleep pressure, or drive to sleep, and is a function of the duration of wakefulness which starts accumulating after waking up in the morning.

Function of sleep deprivation

Sleep pressure increases during prolonged wakefulness and reduces during sleep.

Process S
Homeostatic Process

Two Process Model of Sleep Regulation

Process C
Circadian Process

SCN controlled

When light enters the eye and is translated via the retinohypothalamic tract to the suprachiasmatic nucleus within the hypothalamus, SCN signals the pineal gland to turn off melatonin production.

SCN- Suprachiasmatic Nucleus

When daylight intensity is diminished and its colour spectrum shifts from blue to red, the SCN signals the pineal gland to produce melatonin.

Rechtschaffen, A. A., Kales, S., Wittchen, S., & Peltsov, T. (1962). The two-process model of sleep regulation is essential. *Journal of Sleep Research, 1*(2), 111-119.

Sleep And Wakefulness

JS Bruner



Sleep And Wakefulness:

Reviewing **Sleep And Wakefulness**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Sleep And Wakefulness**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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