

# 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.

# Sleep And Wakefulness

**DP Hallahan**



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