

PHYSIOLOGY of SLEEP

- * ↓ HR
- * ↓ BP
- * ↓ BODY TEMP
- * ↓ RESPIRATION
- * ↓ MUSCLE TONE



HYPOTHALAMUS

↳ CIRCADIAN RHYTHM

- GAMMA-AMINOBUTYRIC ACID (GABA)



BRAIN STEM

- ↳ ↓ ACTIVITY in AROUSAL CENTERS
- ↳ RELAX BODY



PINEAL GLAND

↳ MELATONIN (REGULATE SLEEP CYCLE)

BASAL FOREBRAIN

↳ ADENOSINE & ACETYLCHOLINE (PROMOTE REM SLEEP)

Sleep Mechanisms

SJ Ball



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