

PHYSIOLOGY OF SLEEP WAKE REGULATION



Process-S reflects the increase in sleep pressure, or drive, 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, A., & Peltsov, T. (1962). The two-process model of sleep regulation is essential. *Journal of Sleep Research, 1*(2), 111-119.

Sleep And Wakefulness

Arthur C. Guyton



Sleep And Wakefulness:

Unveiling the Magic of Words: A Review of "**Sleep And Wakefulness**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Sleep And Wakefulness**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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