PHYSIOLOGY of SLEEP

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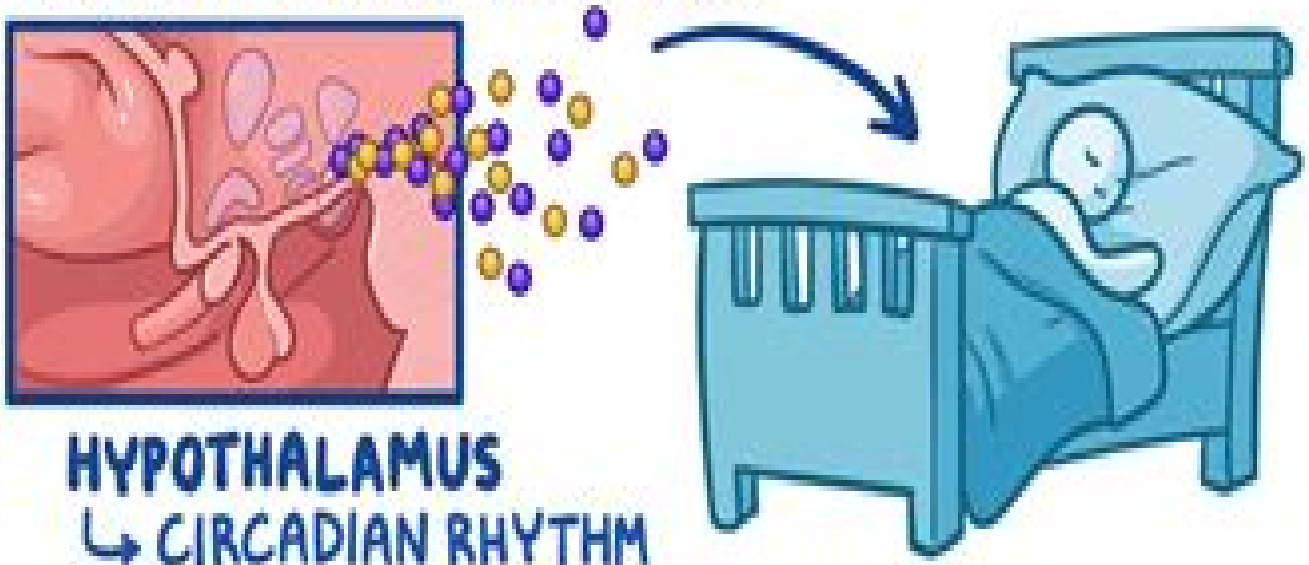
* ↓BP
* ↓BODY TEMP
* ↓RESPIRATION
* ↓MUSCLE TONE



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↳ CIRCADIAN RHYTHM
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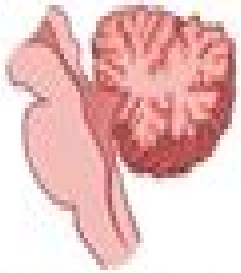

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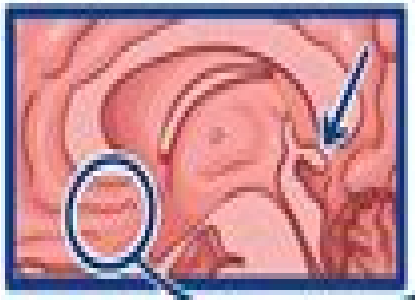

PINEAL GLAND
↳ MELATONIN (REGULATE SLEEP CYCLE)

BASAL FOREBRAIN
↳ ADENOSINE & ACETYLCHOLINE (PROMOTE REM SLEEP)

Sleep Mechanisms

Daniel F McAuley

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