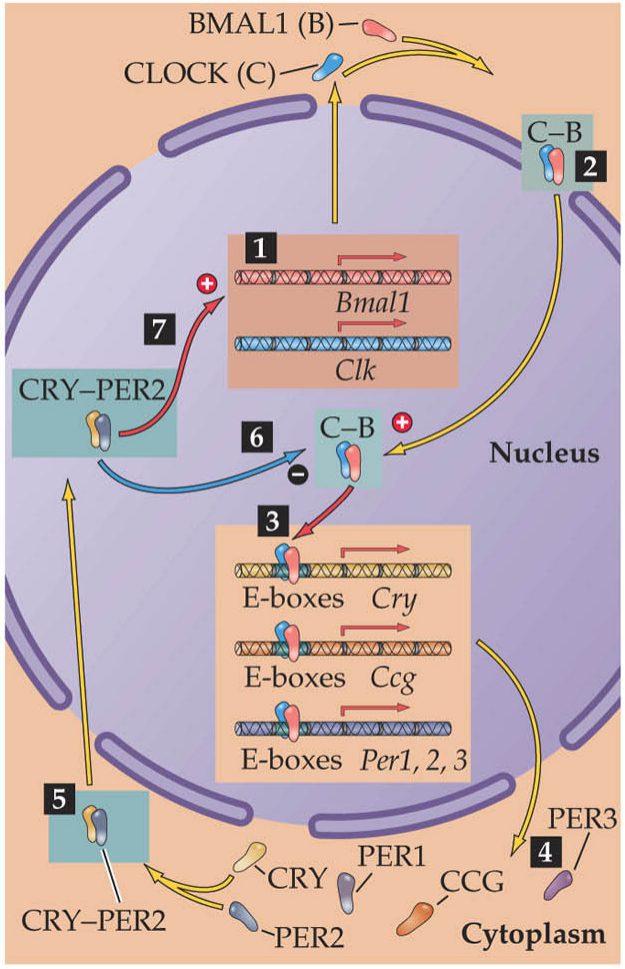
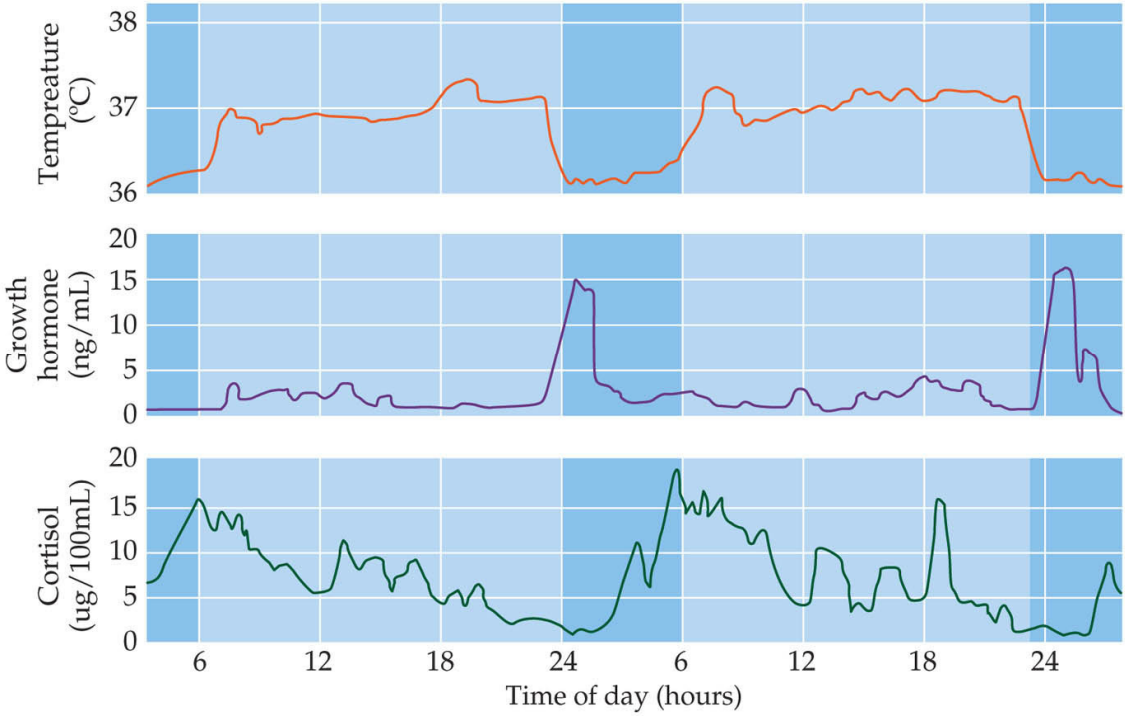
Sleep and wakefulness

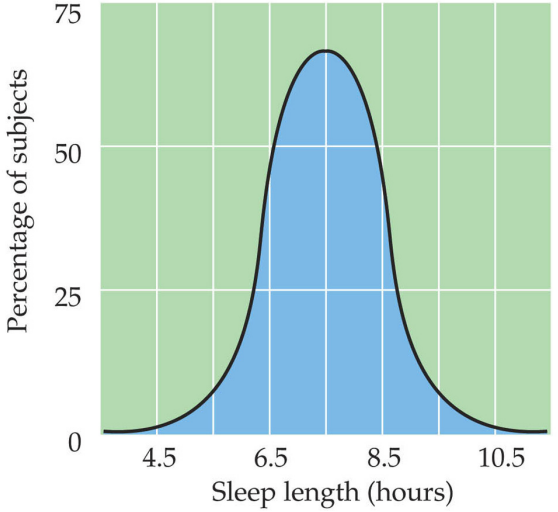
Molecular mechanisms of biological clocks



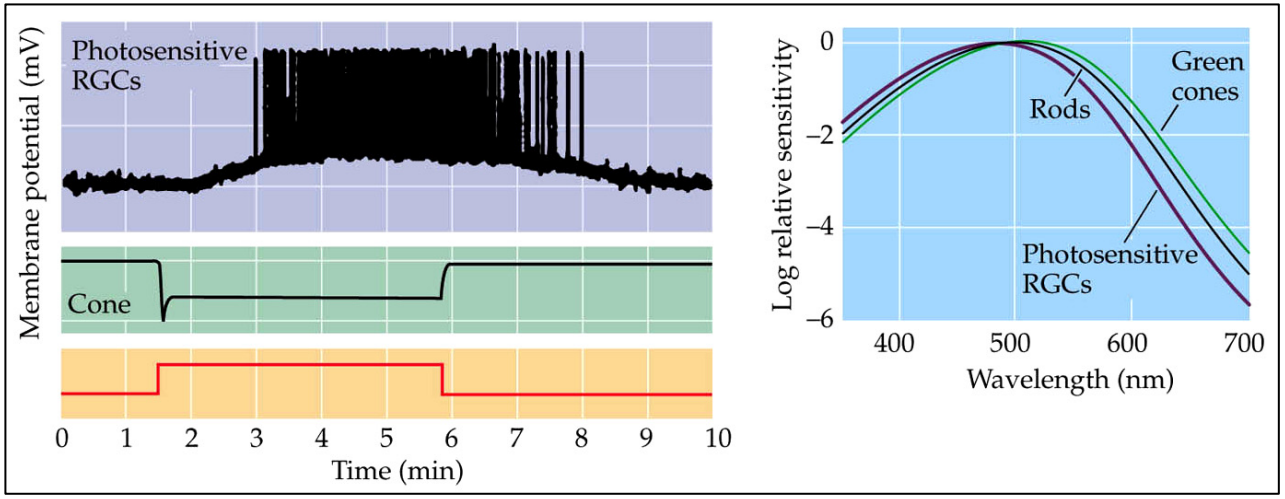
Circadian rhythmicity of body temperature, and of growth hormone and cortisol levels

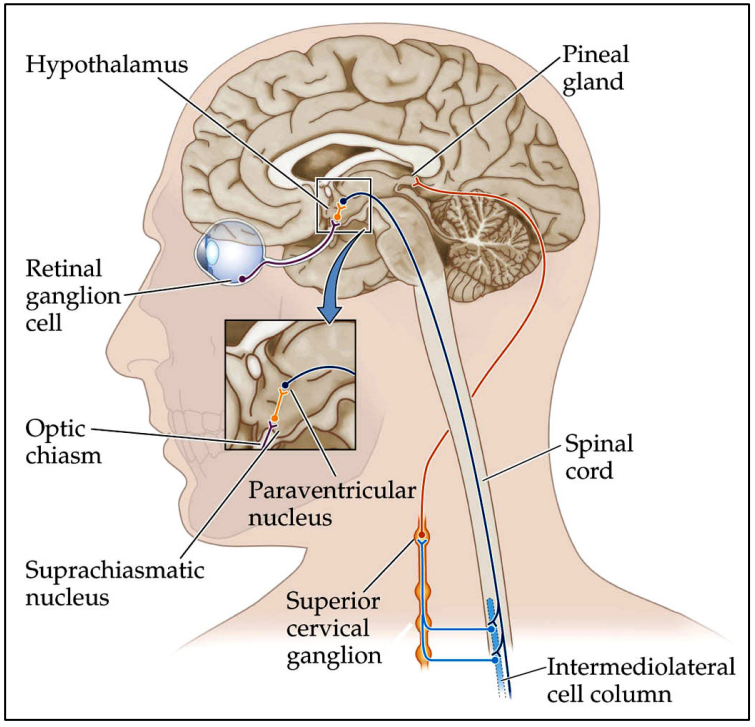


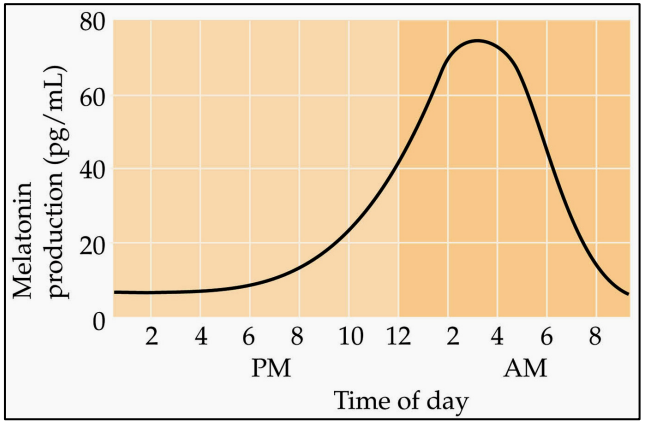
The duration of sleep in humans



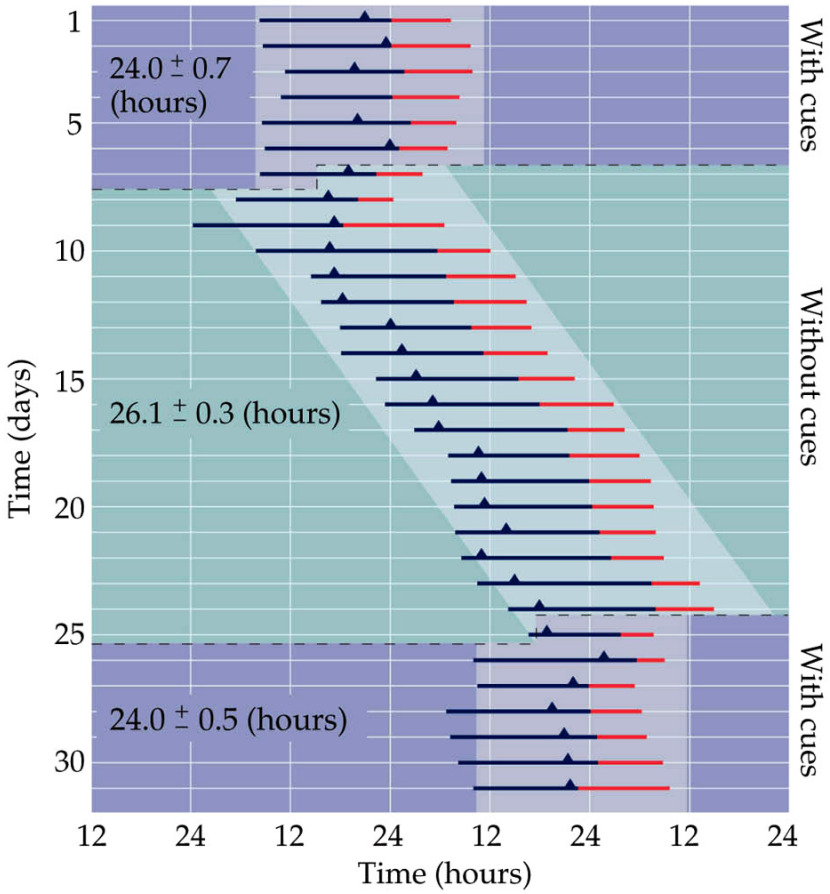
Neural systems involved in syncronization by light of the biological clock







Rhythm of waking and sleeping of a volunteer in an isolation chamber

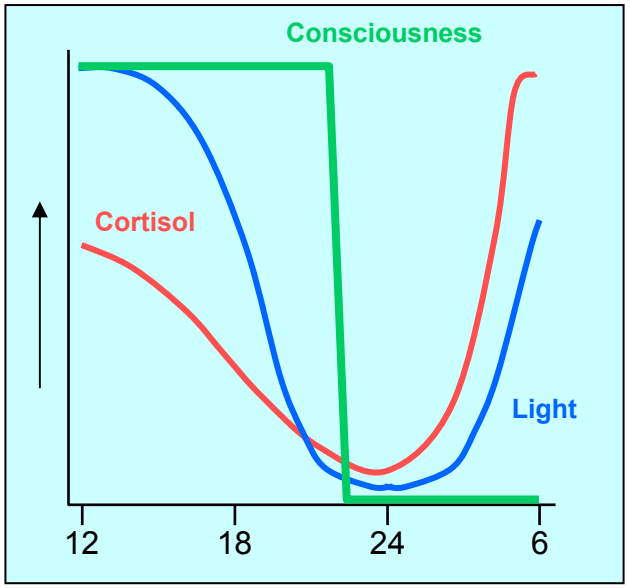


Wake state

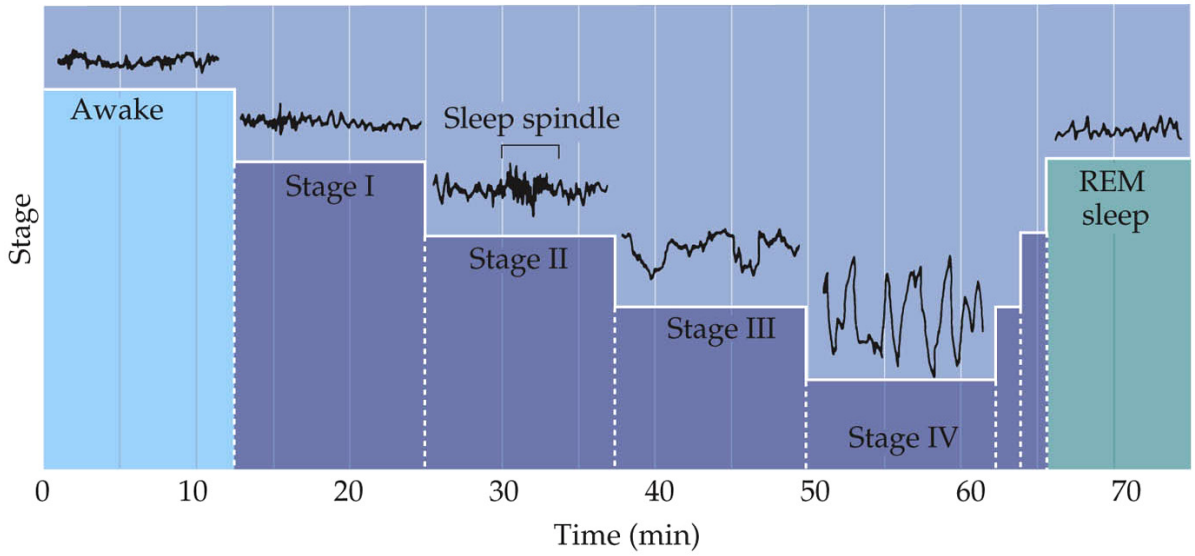
Sleep state

Maximal temperature

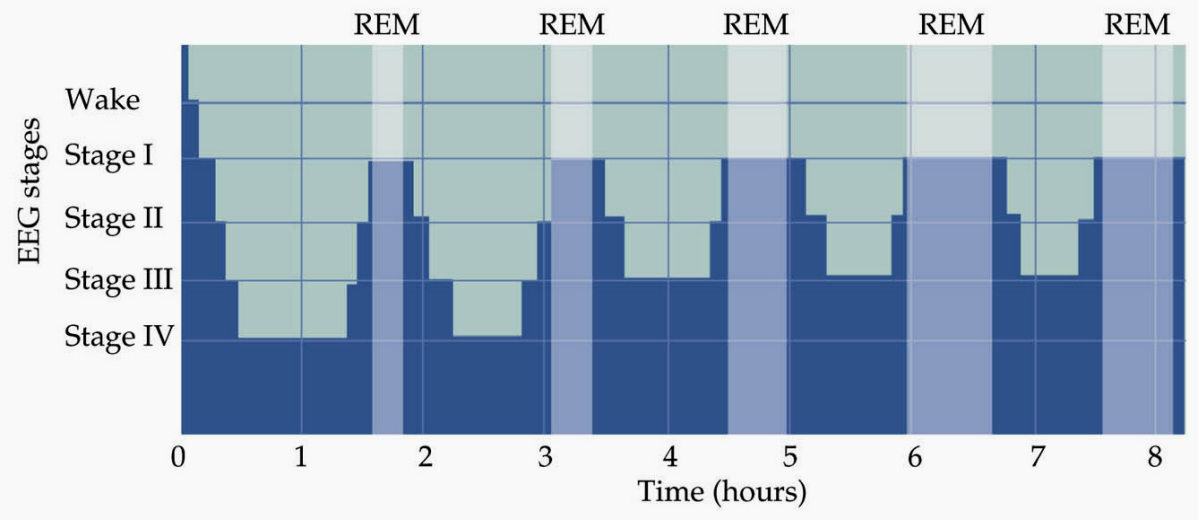
Temporal relationships between consciousness and other sleep-related factors



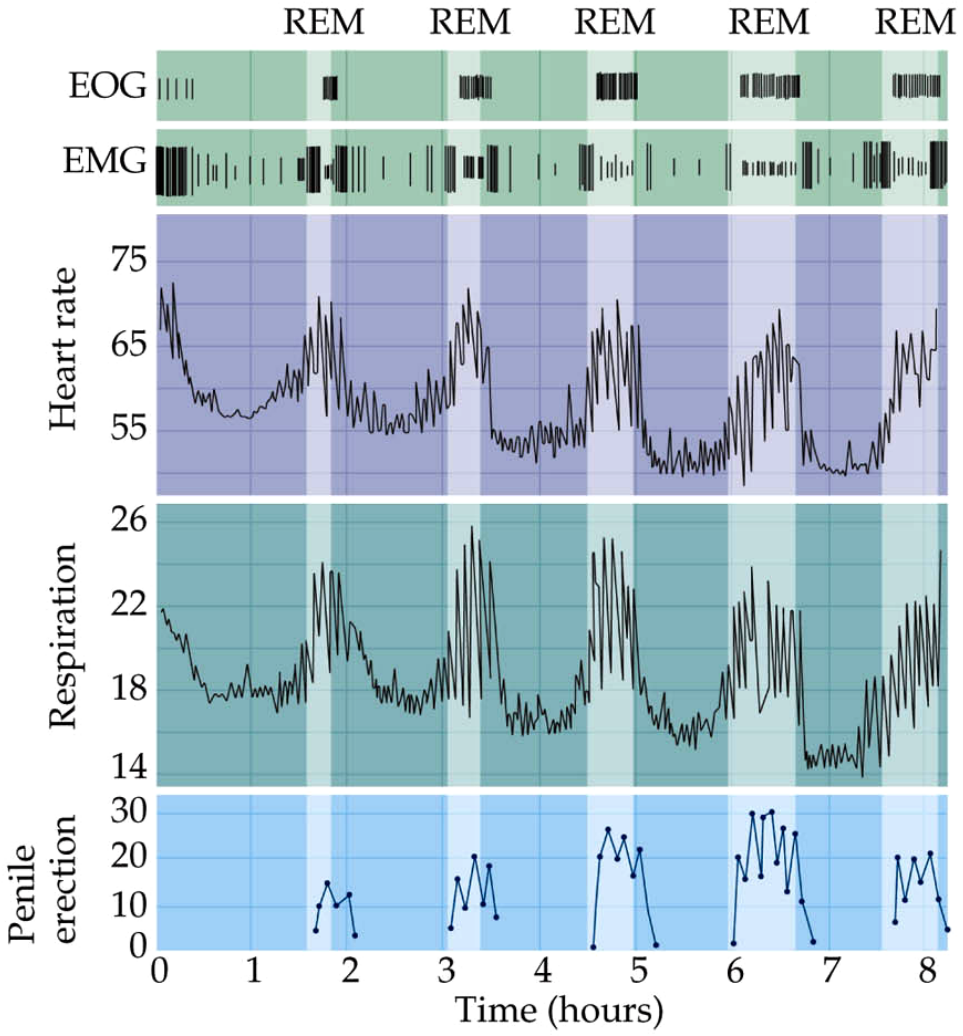
EEG recordings during the first hour of sleep



EEG stages during sleep

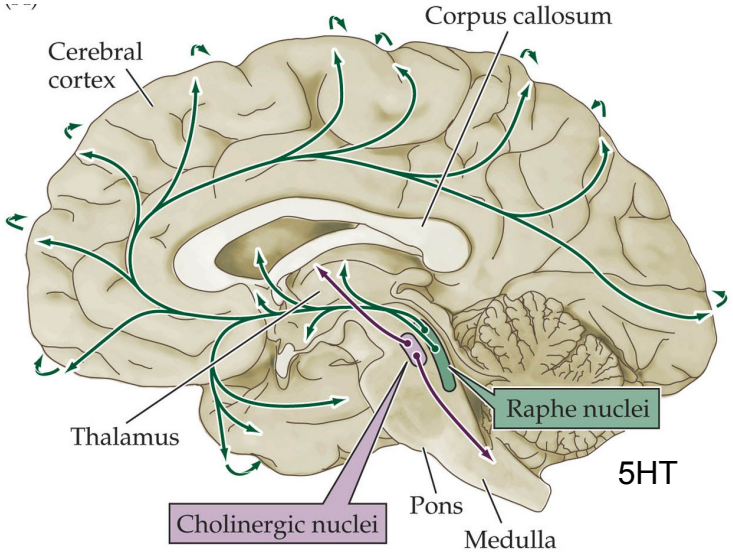


Physiological changes in a volunteer during various sleep states



Sleep and wakefulness

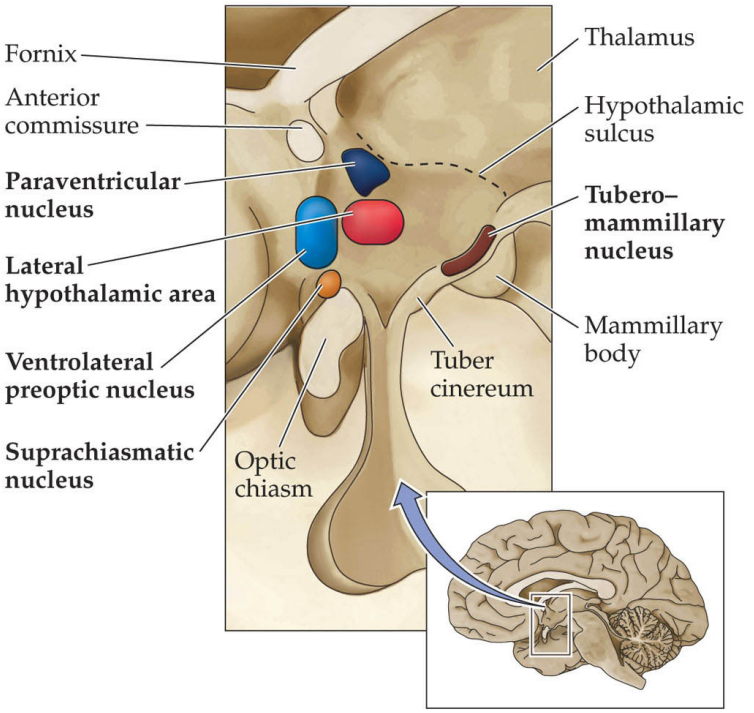
Brain regions involved in regulation of the sleep–wake cycle

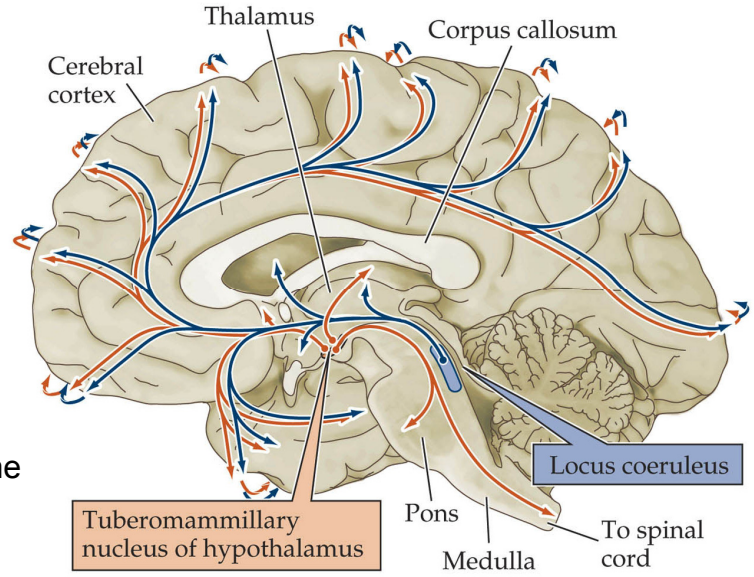


Ach

5HT

Orexin

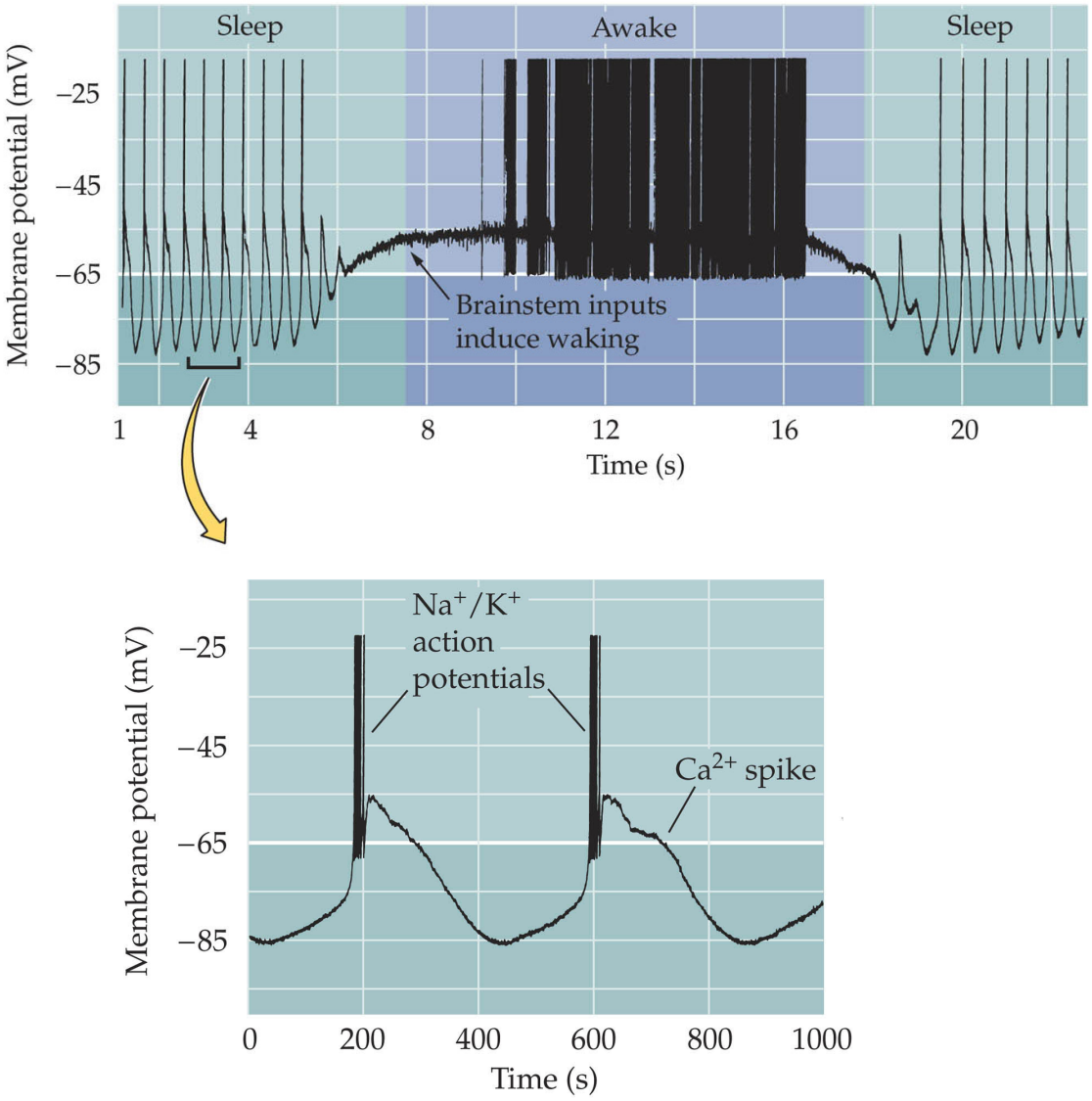




Histamine

NA

Recordings from a thalamocortical neuron



Regulation of the sleep–wake cycle