NEUROTRANSMITTERS

ADRENALINE fight or flight

produced in stressful situations. Increases heart rate and blood flow, leading to physical boost and heightened awareness.

NORADRENALINE concentration

affects attention and responding actions in the brain. Contracts blood vessels, increasing blood flow.

DOPAMINE pleasure

feelings of pleasure, also addiction, movement and motivation. People repeat behaviors that lead to dopamine release.

SEROTONIN

contributes to well-being and happiness. Helps sleep cycle and digestive system regulation. Affected by exercise and light exposure.

GABA calming

Calms firing nerves in the central nervous system. High levels improve focus, low levels cause anxiety. Also contributes to motor control and vision.

ACETYLCHOLINE learning

Involved in thought, learning and memory. Activates muscle action in the body. Also associated with attention and awakening.

GLUTAMATE memory

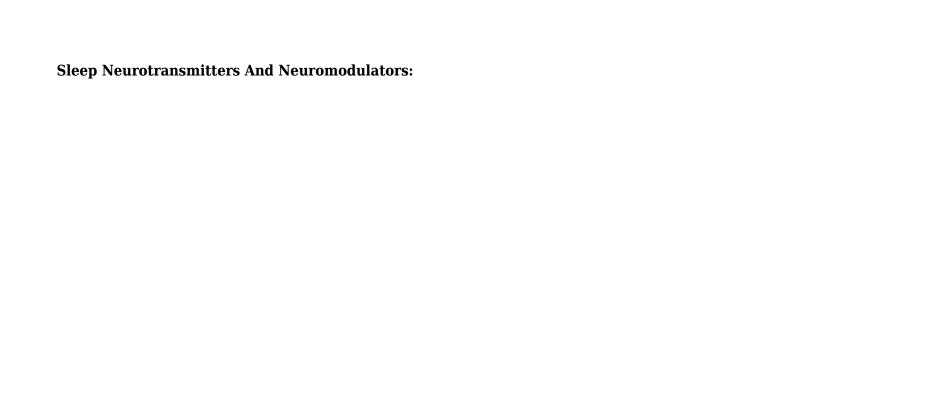
Most common neurotransmitter. Involved in learning and memory, regulates development and creation of nerve contacts.

ENDORPHINS euphoria

Released during exercise, excitement and sex, producing well-being and euphoria, reducing pain

Sleep Neurotransmitters And Neuromodulators

Karin Nielsen-Saines



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