

# NEUROTRANSMITTERS

## ADRENALINE fight or flight

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

## 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.

## NORADRENALINE concentration

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

## ACETYLCHOLINE learning

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

## DOPAMINE pleasure

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

## GLUTAMATE memory

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

## SEROTONIN mood

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

## ENDORPHINS euphoria

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

# Sleep Neurotransmitters And Neuromodulators

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Velluti**



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