

Slow-wave sleep



Electrical activity
(EEG)

Decreased
neuromodulator
activity

Neuromodulators
produced by
basal forebrain,
hypothalamus,
and brain stem

Acetylcholine
Hypocretin
Histamine
Serotonin
Noradrenaline

Extracellular space



Sleep-wakefulness
transitions are accompanied
by changes in extracellular
space volume and concentration
of extracellular ions

K^+
 Ca^{2+}
 Mg^{2+}
 H^+

Wakefulness



Increased
neuromodulator
activity

Electrical activity
(EEG)



Sleep And Wakefulness

Nathaniel Kleitman



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