

## 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

**Daniel P. Cardinali, S. R. Pandi-Perumal**



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