

# 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

**William H. Moorcroft**



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