Stress and performance

Wilkinson (1963) provided data relevant to the Yerkes-Dodson hypothesis looking at the effects of noise and sleep deprivation. The numbers in the cells of the table illustrate increasing levels of arousal. So the condition of lowest arousal (1 in the table) would be being sleep deprived and carrying out an experiment without any noise. Whereas the highest level (4) would be people who'd had normal sleep and who had experienced noise

The task was a continuous reaction time task and accuracy of performance was monitored.

	Quiet (low)	Noise (higher)
Sleep deprived (low)	1	2
Normal sleep (higher)	3	4



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Emilie Sanchez

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thought to function independently with little or no interaction between the two This view has und gone dramatic changes over the past three decades Indeed we now know that there exists various feedback loops between the brain and immune systems that impact signi cantly upon different behavioral processes including normal behavior and mental disorders Pioneering efforts in generating this change were initiated by a number of early investigators Included were those whose efforts were directed at establishing neuroimmune connections as well as others whose research focused upon the relationship between immunity cytokines and behavior This book brings together outstanding scientists and clinicians who have made major contributions to the rapidly developing eld investigating the relationship between immunity and behavior The book is divided into three parts The rst part describes pathways by which the brain and immune systems communicate and int act with each other In the chapter Cytokines and the Blood Brain Barrier p vides insight into interactions between the blood brain barrier and cytokines Such interactions underlie basic communication between the immune system and brain that are present in normal as well as in disease conditions In the chapter Neu chemical and Endocrine Responses to Immune Activation The Role of Cytokines the neurochemical and endocrine consequences of immune challenge and cytokine National Library of Medicine Current Catalog National administration on central neurotransmitter activity are discussed Library of Medicine (U.S.),1993 Narcolepsy and Hypersomnia Claudio Bassetti, Michel Billiard, Emmanuel Mignot, 2006-12-21 Compiled by an international group of more than 40 authors this reference book supplies an engaging and comprehensive review of the major topics and key issues associated with narcolepsy and hypersomnia Spanning the latest advances in the field this source covers current diagnostic procedures genetic developments explorations of animal Proceedings of the Indian National Science Academy Indian National Science Academy, 2001 models The **Cumulative Book Index**, 1992 A world list of books in the English language Proceedings Indian National Science Academy,2001 National Academy Science Letters National Academy of Sciences, India, 2005 **Bibliographic Index** .1994 International Books in Print ,1997 Choice .1992

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