

# 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

**Takehiko Watanabe, Hiroshi Wada**



## **Sleep Neurotransmitters And Neuromodulators:**

The book delves into Sleep Neurotransmitters And Neuromodulators. Sleep Neurotransmitters And Neuromodulators is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Sleep Neurotransmitters And Neuromodulators, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Sleep Neurotransmitters And Neuromodulators
    - Chapter 2: Essential Elements of Sleep Neurotransmitters And Neuromodulators
    - Chapter 3: Sleep Neurotransmitters And Neuromodulators in Everyday Life
    - Chapter 4: Sleep Neurotransmitters And Neuromodulators in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Sleep Neurotransmitters And Neuromodulators. The first chapter will explore what Sleep Neurotransmitters And Neuromodulators is, why Sleep Neurotransmitters And Neuromodulators is vital, and how to effectively learn about Sleep Neurotransmitters And Neuromodulators.
  3. In chapter 2, the author will delve into the foundational concepts of Sleep Neurotransmitters And Neuromodulators. The second chapter will elucidate the essential principles that must be understood to grasp Sleep Neurotransmitters And Neuromodulators in its entirety.
  4. In chapter 3, this book will examine the practical applications of Sleep Neurotransmitters And Neuromodulators in daily life. This chapter will showcase real-world examples of how Sleep Neurotransmitters And Neuromodulators can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Sleep Neurotransmitters And Neuromodulators in specific contexts. The fourth chapter will explore how Sleep Neurotransmitters And Neuromodulators is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Sleep Neurotransmitters And Neuromodulators. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sleep Neurotransmitters And Neuromodulators.

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