

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

AW Chickering



Sleep Neurotransmitters And Neuromodulators:

Unveiling the Magic of Words: A Review of "**Sleep Neurotransmitters And Neuromodulators**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Sleep Neurotransmitters And Neuromodulators**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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