### NEUROTRANSMITTERS

# ADRENALINE fight or flight

produced in stressful situations. Increases heart rate and blood flow, leading to physical boost and heightened awareness.

### NORADRENALINE concentration

affects attention and responding actions in the brain. Contracts blood vessels, increasing blood flow.

## DOPAMINE pleasure

feelings of pleasure, also addiction, movement and motivation. People repeat behaviors that lead to dopamine release.

### SEROTONIN

contributes to well-being and happiness. Helps sleep cycle and digestive system regulation. Affected by exercise and light exposure.

## 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.

### ACETYLCHOLINE learning

Involved in thought, learning and memory. Activates muscle action in the body. Also associated with attention and awakening.

### GLUTAMATE memory

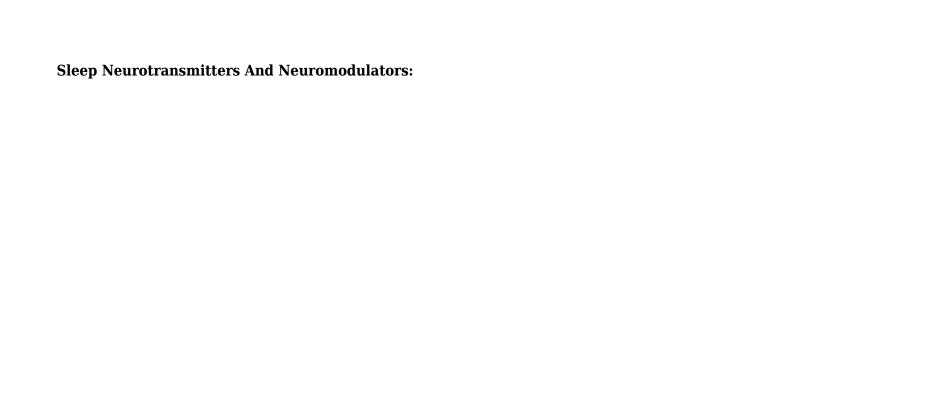
Most common neurotransmitter. Involved in learning and memory, regulates development and creation of nerve contacts.

## ENDORPHINS euphoria

Released during exercise, excitement and sex, producing well-being and euphoria, reducing pain

### **Sleep Neurotransmitters And Neuromodulators**

Takehiko Watanabe, Hiroshi Wada



#### Reviewing Sleep Neurotransmitters And Neuromodulators: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "Sleep Neurotransmitters And Neuromodulators," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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