### 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

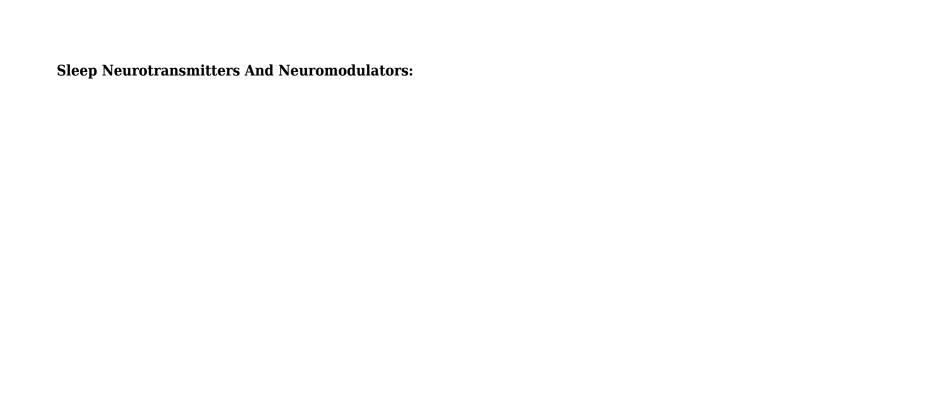
Most common neurotransmitter. Involved in learning and memory, regulates development and creation of nerve contacts.

# ENDORPHINS euphoria

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

### **Sleep Neurotransmitters And Neuromodulators**

William H. Moorcroft



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