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Mallick, B.N. "Activation of inactivation process initiates rapid eye movement sleep", Progress in Neurobiology, 201206 <1%

Name of Journal: *World Journal of Neurology*

ESPS Manuscript NO: 29560

Manuscript Type: Review

Disciplined sleep for healthy living: Role of Noradrenaline

Rachna Mehta, Abhishek Singh, Birendra Nath Mallick

Abstract

Sleep is essential for maintaining normal physiological processes. It has been broadly divided into rapid eye movement sleep (REMS) and non-REMS (NREMS); one spends the least amount of time in REMS. Sleep (both NREMS and REMS) disturbance is associated with most altered states, disorders and pathological conditions. It is affected by factors within the body as well as the environment, which ultimately modulate lifestyle. Noradrenaline (NA) is one of the key molecules



Disciplined sleep for healthy living : Role of Noradrenaline



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How To Increase Serotonin Levels - Mental Health Daily

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2015年5月6日 - Various other **functions of serotonin** (5-HT) include: regulation of appetite, ... While most natural options require some degree of **discipline** and behavior ... studies, **eating** foods known to boost **serotonin** can effectively improve mood. **Sleep**: Getting **proper sleep** is necessary for peak concentrations of any ...

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Real-time imaging of the **living** human brain during different behavioral states has ... and to coordination of the **functions** of **sleep** and waking with the environment, ... The **serotonin** system exerts widespread influence over mood and mood disorders, such latter includes psychology and an eclectic mix of other **disciplines**.

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