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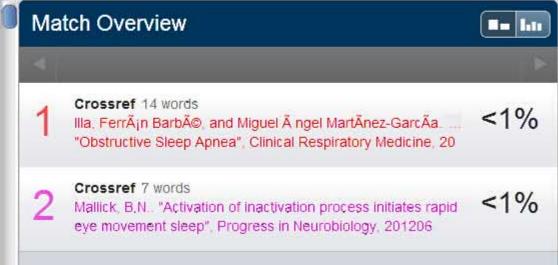
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Disciplined sleep for healthy living: Role of Noradrenaline

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



















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Dopamine Plays Role In Regulating Sleep, Researchers Find | The ... www.huffingtonpost.com/.../dopamine-sleep-regulation-melatonin-norepine...▼翻译此页 2012年6月21日 - HEALTHY LIVING ... Dopamine plays a role in sleep and wakefulness by stopping norepinephrine's effects — meaning that there is less ... 缺少字词: disciplined

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