

Zoom Webinar

Aufnahme

Human Sleep-Wake Regulation

Two interacting systems regulate our sleep and wakefulness:

- circadian timing system
- sleep-wake homeostat

Credit: NASA Earth Observatory images by Joshua Stevens; using Suomi NPP VIIRS data from Miguel Román, NASA's Goddard Space Flight Center

Process S

Wake Sleep Wake

Jeanne Duffy

17:13 DEU 22.05.2023