



# Brain Control of Wakefulness and Sleep

*Mircea M. Steriade, Robert W. McCarley*

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**Brain Control of Wakefulness and Sleep** Mircea M. Steriade, Robert W. McCarley

Brain Control of Wakefulness and Sleeping explores the history of efforts to understand the nature of waking and sleeping states from a biological point of view. This research represents the synthesis of the work of two individuals who have devoted their careers to investigating the mysterious states of the mind. This landmark book will interest the beginner scientist/researcher as well as the sleep clinician, with chapters on subjects including Neuronal Control of REM Sleep, Motor Systems and the Role of Active Forebrain, and Humoral Systems in Sleep Control. The authors explore the behavioral and physiological events of waking and sleep, analyzing the current realities and the future possibilities of unifying basic studies on anatomy and cellular psychology.

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