

RAPID EYE MOVEMENT



Rapid Eye Movement Sleep

**Birendra N. Mallick, S. R. Pandi-
Perumal, Robert W. McCarley, Adrian R.
Morrison**

Rapid Eye Movement Sleep:

Sleep - Physiology, Functions, Dreaming and Disorders Kiyomi Bando, 2012 Rapid eye movement sleep REM sleep is a normal stage of sleep characterized by the random movement of the eyes REM sleep is classified into two categories tonic and phasic and criteria for REM sleep includes rapid eye movement but also low muscle tone and a rapid low voltage EEG REM sleep in adult humans typically occupies 20-25% of total sleep about 90-120 minutes of a night's sleep In this book the authors present current research on REM sleep including the relationship of depression to REM sleep neural regulation of REMs and the critical role of GABAergic inhibition physiological effects and genotoxicity in humans and models

corresponding to sleep deprivation and the pathogenic mechanisms of sleep hallucinations *Rapid Eye Movement Sleep* Kiyomi Bando, 2012 Rapid eye movement sleep REM sleep is a normal stage of sleep characterised by the random movement of the eyes REM sleep is classified into two categories tonic and phasic and criteria for REM sleep includes rapid eye movement but also low muscle tone and a rapid low voltage EEG REM sleep in adult humans typically occupies 20-25% of total sleep about 90-120 minutes of a night's sleep In this book the authors present current research on REM sleep including the relationship of depression to REM sleep neural regulation of REMs and the critical role of GABAergic inhibition physiological effects and genotoxicity in humans and models corresponding to sleep deprivation and the pathogenic mechanisms of sleep hallucinations *Rapid Eye Movement Sleep* Birendra N. Mallick, S. R. Pandi-Perumal, Robert W.

McCarley, Adrian R. Morrison, 2011-07-14 Spanning over half a century of investigation into Rapid Eye Movement REM sleep this volume provides comprehensive coverage of a broad range of topics in REM sleep biology World renowned researchers and experts are brought together to discuss past and current research and to set the foundation for future developments Key topics are covered in six sections from fundamental topics historical context and general biology to cutting edge research on neuronal regulation neuroanatomy and neurochemistry functional significance and disturbance in the REM sleep generating mechanism A reference source for all aspects of REM sleep research it also incorporates chapters on neural modelling findings from non human species and interactions between brain regions This is an invaluable resource essential reading for all involved in sleep research and clinical practice **Rapid Eye Movement (Rem) Sleep** B.N. Mallick, 1998 Rapid eye

movement REM is a unique phenomenon within the sleep cycle This work covers the basic understanding mechanism and role function of this complex behaviour in life processes The book is aimed at postgraduate PhD students and researchers

The Golden Age of Rapid Eye Movement Sleep Discoveries, 1965-1966 Claude Gottesmann, 2005 Rapid eye movement sleep the main dreaming stage was definitively identified in 1953 However up to 1964 the research in this field although very significant for the first steps of knowledge was not very extensive In contrast there was an explosion of results in 1965 and 1966 In this book the author analyses all published physiological and psychological studies integrating wherever possible previous and more recent findings This book is principally dedicated to research workers entering the study of rapid eye

movement sleep REM sleep *Rapid Eye Movement Sleep* Mallick/Inoue,1999-06-29 This reference also includes nine color plates Written by leading international scientists in the field this comprehensive and up to date reference provides detailed coverage of various aspects of rapid eye movement sleep REMS including phylogeny and evolution ontogeny neurophysiological and neurochemical phenomena molecular processes behavioral and physiological changes due to deprivation and hypotheses on the neurodynamics of REMS Examining the relationship between the neocortex in mammals and birds in the evolution of REM sleep Rapid Eye Movement Sleep considers the roles of REMS in the maturation of the brain reveals a new theory that challenges the assumption that REM is solely initiated by bulbar mechanisms in intact animals explores experimental studies of REMS atonia and the mechanisms underlying tonic and phasic muscle atonia describes the cellular and molecular mechanisms and function of pontine ponto geniculo occipital waves during REMS details the role of nitric oxide in the regulation of REMS summarizes new evidence on which neurotransmitters are responsible for the REMS generating mechanism presents an overview of several endogenous sleep substances that may positively or negatively regulate REMS and more Rapid Eye Movement Sleep serves as essential reading for all researchers and clinicians in the study of sleep science particularly physiologists and biologists neurologists neuropsychiatrists psychiatrists and psychologists anesthesiologists and pharmacologists *Rapid Eye Movement Sleep* Birendra Nath Mallick,S R Pandi-Perumal,Robert W McCarley,Adrian R Morrison,2014-05-14 World renowned researchers discuss past and current research into REM sleep and set the foundation for future developments *Rapid-Eye-Movement Sleep Behavior Disorder* Carlos H. Schenck,Birgit Högl,Aleksandar Videnovic,2018-09-18 This book describes a sleep disorder belonging to the category of parasomnias i e the sleep behavioral and experiential disorders characterized by abnormal vocal and motor behaviors in the context of vivid dreams and loss of the customary muscle atonia during the stage of sleep called REM sleep REM atonia one of the defining features of REM sleep along with rapid eye movements and a highly activated brain state serves a protective function preventing the dreamer from acting out dreams and becoming injured REM sleep behavior disorder RBD was first described in 1986 by Schenck and colleagues since then the understanding of the condition has increased exponentially also pointing out its strong association with the development of neurodegenerative disorders characterized by alpha synuclein deposition such as Parkinson s disease Dementia with Lewy bodies and Multiple System Atrophy Furthermore RBD is now considered one of the earliest markers of ongoing alpha synuclein neurodegeneration and provides a window of opportunity for testing disease modifying therapies that may slow down or halt the progression of these disorders for which there is currently no cure Additionally RBD is today known to be present in more than 50% of patients with narcolepsy cataplexy and can also be triggered by the most commonly prescribed antidepressant medications e g SSRIs venlafaxine RBD has been documented as occurring with variable frequency with virtually every category of neurologic disease and has also helped expand the field of dream research The volume Editors have pioneered scientific and clinical

advances in the field and partnering with leading sleep clinicians and researchers on this book have produced an invaluable guide to specialists in sleep medicine neurology psychiatry and psychology There are also strong contributions in this book by leading basic science researchers and so this book should also appeal to neuroscientists As stated in the book RBD is situated at a strategic and busy crossroads of sleep medicine and the neurosciences RBD offers great breadth and depth of research opportunities including extensive inter disciplinary and multinational research opportunities RBD is an experiment of Nature in which knowledge from the study of motor behavioral dyscontrol during REM sleep with dream enactment has cast a broad and powerful light on a multitude of Central Nervous System disturbances their evolution and their comorbidities

Discovery of Rapid Eye Movement (REM) Sleep by William C Dement and Michel Jouvet, 1955-1970 Claude Gottesmann, 2017 Last century's research on sleep may be divided into two different time periods The first half of the century was dominated by the work of Henri Pi ron and Nathaniel Kleitman and was devoted to sleep experiments of a classical nature that were performed on animals and humans Gottesmann Nova 2013 At the beginning of the second half of the century a major discovery identified a sleep phase during which eye movements can be recorded and dreaming occurs William C Dement and Michel Jouvet dominated the next fifty years independently with their discovery of nearly all the properties concerning rapid eye movement REM sleep also called paradoxical sleep This book analyses the first major findings that were made possible by all the available methods behavioral observations electrophysiology surgical interventions pharmacology used by both authors to characterize this sleep stage All the successive papers by Dement and Jouvet are analyzed in turn for the period from 1955 to 1970 The results that came of the authors research environment are taken into account and all the data available in the past and present are discussed and integrated into those findings

REM Sleep Chelsea L. Saylor, 2014-01-01 Rapid eye movement REM is a cyclical sleep period occurring in intervals of 90 120 minutes during the night occupying approximately 20 25% of total sleep time During REM sleep there is active inhibition of muscle activity leading to complete or near complete atonia This is a complex process generated by the interplay of multiple neurotransmitter systems with a decrease in excitatory activity and increase in the inhibitory glycinergic and GABAergic premotor neuronal input to motor neurons This book discusses the characteristics disorders and physiological effects of REM sleep

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