

Open Peer Review on Qeios

Sleeping and Waking

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Potential competing interests: No potential competing interests to declare.

Sleeping and waking are controlled by Type I homeostatic sleep pressure, Type II homeostatic behavior and the circadian CLOCK. Any of these three processes can override any other but ultimately increased sleep pressure, in combination with the CLOCK, produces sleeping.

Qeios ID: 550KCQ · https://doi.org/10.32388/550KCQ