



Neurobiology of Sleep and Memory

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Neurobiology of Sleep and Memory is the textual result of a symposium regarding the basic neurological processes in the storage of different kinds of memories (short-term and long-term). This book gives much focus on the relationship of sleep and memory and how they preserve personality and all its characteristics. The study of the interrelation of the two bodily processes also aims to help clarify neurological bases of disorders of sleep and memory and other forms of mental illness.

This text consists of 23 chapters that encompass a wide span of topics regarding sleep and memory. Some of these topics include blood-brain barrier; protein synthesis in RNA and central nervous system; neuronal activity patterns during REM sleep; post-trial reticular stimulation; and sleep-related hormones. This book also discusses the phylogenetic correlations of sleep and memory not just in mammals but also in reptiles, amphibians, fishes, and birds.

This reference material is a valuable source of information to both students and professionals studying biology, psychology, pharmacology, and neuroscience.

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