

1.

2.

가

가

19

.¹ 20

가
. 1920
Nathaniel Kleitman

1) (Normal Sleep Structure)

가 . 1940

가 가

.²

(desynchronized),
(low amplitude),
(synchronized),
(high amplitude),

. 18

가

(heliotrope)

20

(circadian)

가

.³

가

. 1950

.⁵

(rapid eyeball movement)

, REM

eyeball movement, SEM) (slow

가

(rapid eyeball movement, REM)

20

REM

가

. 1950

REM

가

H-reflex가

.⁵

.⁶

1968

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(low-voltage fast activity)

glutamate
acetylcholine
(anterior hypothalamus), solitary tract nuclei, preoptic nuclei
gamma-aminobutyric acid(GABA)가
REM
PGO(pontogeniculooccipital) (spike) REM

1
2 (sleep spindle) K
(K-complex)가
2 가
75 μ 가
20% 가
50% 가
90 REM
NREM-REM 3,4
REM
가
1
REM 가
가 (active sleep in newborns),
가 50~60
2~6 NREM 가
(Slow Wave Sleep, SWS;
3,4) 가
가
40% 가
10

9 60
REM
20~25%
REM
10
REM

11
2) (Sleep Mechanisms)
1930
1960
12-14
reticular formation)가
15
(thalamocortical), (hypothalamocortical), (basalocortical)

3) (Sleep Deprivation)
16
가 7.2
10
4 가
8.2
(200
17 가
18
reflex) (gag
4~5
19
3,4 REM 2
가 20 6 42
21
5.5 60 45

22 3,4 REM
 6
 가 가
 6
 3.
 가

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