

208th WPI-IIIS Seminar

Inhibiting Sleep in Order to Stay Awake

Sleep is an active process involving distinct nodes of sleep-promoting cell populations, such as galanin-expressing neurons in the ventrolateral preoptic area (VLPO). These neurons are essential for normal sleep and cortical slow-wave activity. We have recently identified two types of galanin neurons in the VLPO: one group located in the core of the VLPO that is responsible for driving NREM sleep, and another in the extended VLPO that is responsible for REM sleep. In this presentation, I will discuss our data on how VLPO neurons are regulated by afferent inputs and how an internal neuronal circuit within the VLPO is crucial for controlling the galanin sleep-promoting neuronal population.



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Date: **Thursday, October 24, 2024**

Time: **16:30 – 17:15**

Venue: **1F Auditorium, IIIS Building**

*** On-site participation only**



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