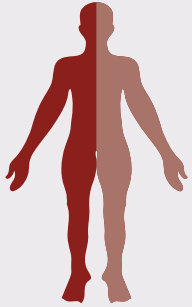


Physiologic Indicators of Aberrant Wakefulness in Insomnia

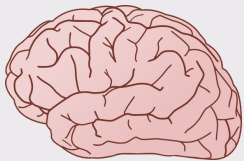


Systemic

increased metabolic rate, increased body temperature

Pituitary-adrenal axis

increased activity

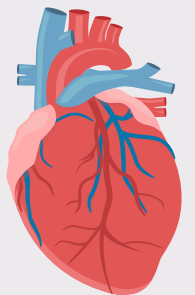


Brain

increased EEG fast frequencies during sleep, short sleep duration, increased sleep-onset latency

Heart

increased heart rate, altered heart rate variability



Reference: Morin CM et.al. *Nat Rev Dis Primers*. 2015;1:15026