1. T/F: Cataplexy can be explained by a damage to the orexinergic neurons.
2. The REM flip-flop involves
   a) The visual and auditory cortex
   b) The vlPAG and SLD
   c) The LGN and the MGN
   d) neurons containing histamines
3. Give 2 neuromodulators that are wakefullness promoting (i.e. that are released during the awake state)
   Ach, NE/E, 5HT, Histamines, Orexin
4. A group of neuron responsible for month-long rhythms (e.g. menstrual cycle) is a _____ Supra_____ -dian clock.

1. T/F: Orexin neurons are active during awake state and project to the arousal systems.
2. The SWS flip-flop involves
   a) Dopamine neurons
   b) The medulla and the LGN
   c) The amygdala and spinal cord
   d) The vlPOA and Brain stem
3. Give 2 characteristics of REM sleep besides the loss of muscle tone.
   Dynamic dreams, Rapid Eye Movements, sexual activity, desynchronized/high cortical activity
4. To treat jetlag, one can take ___ Melatonin_________ which is secreted by the pineal gland