Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

# Index

acousticolateralis system, in teleosts, 63-64 schooling functions of, 63-64 AD. See Alzheimer's disease adaptationism, 173, 174 adenosine triphosphate (ATP) in biochemical regulation of sleep, 95-96 in organization of sleep, 99 aggressiveness, insomnia and, 115-116 aging, sleep and in Drosophila melanogaster, 46-47 in honeybees, 40-41 insomnia, 110 in zebrafish, 256–259 albacores. See scombrids Alzheimer's disease (AD), 231 amphibians evolution of, 201-202 REM sleep in, 201-202 amylase, 51 Angelman syndrome (AS), 228 animal models, of sleep, 145. See also mouse models, for sleep in Drosophila melanogaster, 145

mice as, 219–232 circadian mechanisms and, 226-228 electrophysiology protocols in, 221 genetics and, 219–232 genomic imprinting in, 228-230 high-throughput technology protocols in, 221-222 NREM in, 228-232 REM during, 223, 230-232 in sleep-wake studies, 224 - 225wakefulness and, 224-226, 230-232 animals in the wild future sleep research on, 9 - 10REM and, captive animals v., 210-211 sleep times for, captive animals v., 14-15 ANS. See automatic nervous system anxiety, insomnia and, 114 Apis mellifera. See honeybees, sleep in

AS. See Angelman syndrome Aserinsky, Eugene, 197 ATP. See adenosine triphosphate automatic nervous system (ANS), 3 avian sleep. See birds, sleep in baboons. See nonhuman primates, sleep in bears, hibernation and, 8 bees. See honeybees, sleep in behavioral measures, of sleep, 2-3, 35 circadian influences on. 25 homeostatic factors in, 35 in insects. 37 in honeybees, variations among species, 40 NREM, 2-3 HVSW in, 3 REM, 2 bihemispheric sleep, 7 birds, sleep in, 145-164 brain size and, 157 homeostasis for, 152-155 sleep deprivation and, 152 - 153SWA and, 153

267

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

### 268 Index

birds, sleep in (cont.) REM during, 145, 150-152, 204 - 205duration of, 151–152 evolution of, 155, 161 Flanigan-Tobler criteria for, 205 mammalian sleep v., 151-152, 153-155, 205-210 study history of, 204-205 thermoregulatory responses during, 150 - 151sleep duration, 146-147 SWS in, 145, 146-150 drowsiness v., 146 energy conservation hypothesis for, 156-157 evolution of, 155 thermoregulatory responses during, 146 unihemispheric, 148 - 150USWS, 148-149 blindness schooling of teleosts and, 67 - 68sleep and, for mammals, 60 body mass, sleep and, 1 in mammals, 25 bonitos. See scombrids brain development in birds, sleep and, 157 of forebrain, 2 in mammals, sleep and, 157 sleep as localized in, 97-98 SWA and, evolution of, 157-160

cAMP pathway. See cycle AMP pathway

cAMP response element binding (CREB) proteins, 47 cephalopods, 200 cerebrospinal fluids, sleep-promoting substances in, 92 TNF in 94 cetaceans, 7 REM sleep in, 208–209 unihemispheric sleep in, 208-209 chimpanzees. See nonhuman primates, sleep in circadian rhythms in mouse models, for sleep, 226-228 sleep behaviors and, 35 in zebrafish, 247-248 collothalamic system, 178-179 compensatory sleep, 246 conflict theory, 228 CONLEARN process, 188 CONSPEC process, 188 continuous swimming, of scombrids, 73-74 coral reefs hypoxia in, 67 piscivores v. herbivores in, 66 teleosts in, sleep v. restful waking for, 65-67 in nocturnal species, 66 Cousteau, Philippe, 77 CREB proteins. See cAMP response element binding proteins cycle AMP (cAMP) pathway, 47 cytokines, 92. See also tumor necrosis factor

DAMS. See Drosophila Activity Monitoring System Dennett, D. C., 173 depression, dyssomnias and, 108 deprivation of sleep. See sleep deprivation detailed focal vision, sleep and, 59-61 blind mammals and, 60 Diploptera punctata, sleep deprivation for, 38-39 diurnal activity in fish, 239-241 in zebrafish. 242 in nonhuman primates as biological characteristic, 131-133 evolution of, 131-133, 134.135-136 dopamines, 47-48 Drosophila Activity Monitoring System (DAMS), 49 Drosophila melanogaster, sleep in, 42-51 aging and, 46-47 as animal model, 145 electrophysiology of, 44-45 LFPs in. 44-45 as evaluation model, for humans, 42-43 genetics and, 45-46 short-sleeping strains and, 46 methodological considerations, in studies of. 48-49 with DAMS, 49 neurotransmitters in, 47-48 signaling pathways in, 47 sleep deprivation for, 43 drowsiness, SWS v., in birds, 146 duck-billed platypus, REM sleep in, 206-207

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

> dyssomnias, 108-109 depression and, 108 health risks as result of, 108 hypersomnolence, 108 idiopathic hypersomnia, 117-118 infections and, 118-119 insomnia, 50-51, 108, 110-116 aggressiveness and, 115-116 aging and, 110 anxiety and, 114 chronicity of, 110 definition of, 110 economic impact of, 110 - 111evolutionary medicine and, 112-113, 114 features of, 111 homeostatic regulation and, as resistance to, 112, 113 idiopathic, 111 pain thresholds and. 111 psychiatric disorders and, as risk factor for, 111 REM sleep and, 115 short sleepers and, 112 sleep deprivation v., 111-112 stress and, 113-114 KLS, 118 narcolepsy, 116-117 age profiles for, 116-117 genetic factors for, 116 infection and, 119 REM and, 116-117 polysomnographic sleep findings for, SWS and, 118

EEG. See electroencephalography EGFR. See epidermal growth factor receptor electroencephalography (EEG) for mammalian sleep architecture, 13-15 for nonhuman primates, 125 in mouse models, for sleep, 221 for nonhuman primates sleep quotas, 125 during REM sleep, 197 for frogs, 202 for wakefulness in mammals, 181-182 reptiles v., 185-186 for wakefulness in reptiles, 182-183 mammals v., 182–183 energy conservation hypothesis, 156-157 epidermal growth factor receptor (EGFR), 47 Epworth Sleepiness Scale, 112 ERPs. See evoked response potentials evoked response potentials (ERPs), 98-99 evolution of amphibians, 201–202 of diurnal activity, in nonhuman primates, 131-133 for developmental sleep patterns, 135-136 for sleep duration, 134 of mammals, 205 of monotremes, 206 of reptiles, 202 of sleep in birds, 155, 161

humoral signaling in, 88 in insects, 35 in mammals, 155, 161 memory processing as, 58 for monophasic sleep cycles, in nonhuman primates, 133–134 in nonhuman primates, 127-130, 135 studies for, 172-173 in teleosts, 61 of wakefulness, in mammals, 187 evolutionary medicine definition of, 107 new infectious disorders and, 119 of sleep disorders, 107-120 for insomnia, 112–113, 114 fishes, sleep in, 238-261. See also scombrids: teleosts, sleep in; zebrafish, sleep in behavioral features of, 238 diurnal activity and, 239-241 light illumination and, 260 - 261REM during, 201 Flanigan–Tobler criteria, for sleep, 201 in birds, 205 in reptiles, 202-203 forebrain development, sleep and, 2 frogs, REM sleep in, 202 EEG activity in, 202 fruit flies. See Drosophila melanogaster, sleep in

full polygraphic sleep, 4

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

### 270 Index

GABA. See gammaaminobutyric acid receptor agonists gamma-aminobutyric acid (GABA) receptor agonists, 48 in zebrafish, 248-251 genetics DNA structure discovery, role in, 218 Drosophila melanogaster and, short-sleeping strains of. 46 Drosophila melanogaster and, sleep in, 45-46 mouse model for, 219-232 expression profiling in, 224-226 variations' influence on, 222 - 224narcolepsy and, 116 sleep and, 218-232 phenotypes for, 218-219 variations, 222-224 genomic imprinting, 228-230, 232 conflict theory and, 228 hibernation, 8 bears and, 8 through SWS, 8 high-voltage slow waves (HVSW), 3 histamine receptor agonists, 252 homeostatic regulation, for sleep, 2, 35 in birds, 152-155 sleep deprivation and, 152 - 153SWA and, 153 insomnia and, as resistance to, 112, 113 for intensity, 109-110

SWA in, 109 two-process model of, 109-110 in zebrafish, 245-247 honeybees, sleep in, 39-42 age as factor for, 40-41 antenna mobility and, 39-40 colony tasks as factor in, 41 sleep behaviors in, variations among species, 40 sleep derivation for, 40 HVSW. See high-voltage slow waves hypersomnolence, 108. See also narcolepsy hypocretins, 252-253, 261 hypoxia, in coral reefs, 67 sleep-swimming and, 67 idiopathic hypersomnia, 117-118 idiopathic insomnia, 111 immunocompetence, duration of sleep and, 1 infections, mammalian sleep influenced by, 28 dyssomnias and, narcolepsy, 119 evolutionary medicine and, 119 inner ear, in teleosts, 64 insects, sleep in, 34-51. See also Drosophila melanogaster, sleep in in Drosophila melanogaster, 42 - 51aging and, 46-47 electrophysiology of, 44-45 as evaluation model, for humans, 42-43

genetics and, 45-46 methodological considerations, in studies of, 48-49 neurotransmitters in. 47-48 short-sleeping strains of, 45 - 46signaling pathways in, 47 sleep deprivation for, 43 early observational studies of. 37 behavioral factors in, 37 from evolutionary standpoint, 35 in honeybees, 39-42 age as factor for, 40-41 antenna mobility and, 39-40 colony tasks as factor in, 41 sleep behaviors in, variations among species, 40 sleep derivation for, 40 REM during, 200 systematic studies of, 37-39 mosquitos in, 38 moths in, 38 scorpions in, 38 of sleep deprivation, 38-39 insomnia, 50–51, 108, 110-116 aggressiveness and, 115-116 aging and, 110 anxiety and, 114 chronicity of, 110 definition of, 110 economic impact of, 110-111

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

evolutionary medicine and,

112-113.114 features of, 111 homeostatic regulation and as resistance to, 112, 113 idiopathic, 111 pain thresholds and, 111 psychiatric disorders and, as risk factor for, 111 REM sleep and, 115 short sleepers and, 112 sleep deprivation v., 111-112 stress and, 113-114 intensity. See sleep intensity International Classification of Sleep Disorders, 111 invertebrates, REM sleep in, 200 cephalopods, 200 Kleine-Levin syndrome (KLS), 118 KLS. See Kleine-Levin syndrome laboratory conditions, mammalian sleep architecture under, 13 - 15data collection and, 14 with EEG, 13-15 genetic variations influence on, 222–224 for nonhuman primates, 125 predation in, 25 REM and, wild animals v., 210-211 sleep times, wild animals v., 14-15 of teleosts, 65

lemnothalamic system, 4, 178–179 lemurs. See nonhuman primates, sleep in LFPs. See local field potentials local field potentials (LFPs), 44–45

mackerels. See scombrids mammals, sleep in. See also marine mammals, sleep in; nonhuman primates, sleep in architecture of, 15-18 duration of sleep in, 17 infections as influence on, 28 under laboratory conditions, 13-15 monophasic cycles in, 18 plasticity of, 25-28 polyphasic cycles in, 18 predation and, 20-23 for primates, 125-131 social sleeping and, 21 - 22tropic niche and, 23-24 for blind mammals, 60 brain size and, 157 classification of, 205 deprivation of, 12 ecological constraints on, 12 - 29body mass as, 25 direct costs of, 12 energy requirements as, 24 - 25under laboratory conditions, 13-15 opportunity costs of, 12 tropic niche as, 23–24 evolution of, 205 full polygraphic sleep in, 4 hibernation for, 8

monotremes, 206-207 negative consequences of, 174-175 NREM in, 4, 15-18 predation and, 22–23 REM v., 17-18 placental, 207-208 primitive marsupials, 207-208 quiescent states v., 50 REM in, 4, 15-18, 205-210 avian sleep v., 151-152, 153-155, 205-210 evolution of, 155, 161 in monotremes, 206-207 NREM v., 17-18 in placental mammals, 207 - 208plasticity of, 25-28 predation and, 22–23 in primitive marsupials, 207 - 208rest v., 173-174 sleep rebound in, 12, 175 SWS in, evolution of, 155 mammals, wakefulness in, 172 - 190embryological studies of, 188-189 evolution of, 187 neurological signs of, 181-185 EEG arousal patterns and, 181-182 reptiles v., 185–186 sleep spindles and, 184-185 rest v. sleep in, 173-174 sensory processing for, 177 visual system structure in, 177 - 179collothalamic system in, 178-179

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

### 272 Index

mammals, wakefulness (cont.) lemnothalamic system in, 4, 178-179 Sprague effect in, 181 telencephalic processing in, 180-181 marine mammals, sleep in, 2.7 for cetaceans. REM sleep in, 208-209 ecological constraints for, 13 for pinnipeds, 7 bihemispheric, 7 REM during, 209 unihemispheric, 7 REM in, 208-210 in cetaceans, 208-209 melatonin, 253, 255, 261 memory processing, during sleep, 58 as evolutionary process, 58 for teleosts, 74-75 microsleeps, 112 models. See animal models, of sleep monkeys. See nonhuman primates, sleep in monophasic sleep cycles, 18 in nonhuman primates, evolution of, 133-134 monotremes evolution of, 206 sleep in, 206-207 in duck-billed platypus, 206 - 207mosquitos, sleep in, 38 moths, sleeping postures in, 38 mouse models, for sleep, 221 - 230circadian mechanisms and, 226-228 electrophysiology protocols in, 221

genetics and, 219-232 expression profiling in, 224-226 variations' influence on, 222 - 224genomic imprinting in, 228-230, 232 conflict theory and, 228 NREM and, 228-230 REM and, 228-230 high-throughput technology protocols in. 221-222 NREM in, 228-232 REM during, 223, 230-232 genomic imprinting and, 228-230 in sleep-wake studies, 224-225 wakefulness and, 224-226, 230-232 Multiple Sleep Latency Test, 112 narcolepsy, 116-117 age profiles for, 116–117 genetic factors for, 116 infection and, 119 REM and, 116-117 PFC development and, 117 Nature, 218 neonates, REM sleep in, 199 neurotransmitters, for sleep, 47-48 dopamines, 47-48 GABA receptor agonists, 48 during REM, 198-199 serotonin, 47 nonhuman primates, sleep in, 123-140. See also diurnal activity, in nonhuman primates biological characteristics and, 131–138

developmental pattern alteration as, 135–136 monophasic sleep as, evolution of, 133-134 nocturnal to diurnal activity transition as, 131-133 sleep duration as, evolution of, 134 sleep intensity as, evolution of, 135 classification of, 123 clinical study history for, 123 - 124future research recommendations for. 138-140 sleep quotas in, 125-126, 131 with EEG, 125 empirical data for, 126-131 evolutionary patterns for, 127-130 under laboratory conditions, 125–126 NREM and, 131, 135 phylogenetic signals in, 129-130 REM and, 131, 135-136 social sleeping in, 136-138 functions of, 136-137 non-rapid eye movement (NREM), during sleep, 2 - 3HVSW in, 3 in mammals, 4, 15-18 nonhuman primates, 131, 135 predation and, 22-23 REM v., 17-18 in mouse models, 230-232 genomic imprinting and, 228-230

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index <u>More Information</u>

> as physiologic indicator of sleep, 35–36 TNF role in, 86, 92–94 NREM. *See* non-rapid eye movement, during sleep

octopi. *See* cephalopods opportunity costs, of sleep, in mammals, 12

Pacific beetle cockroach. See Diploptera punctata, sleep deprivation for paradoxical sleep, in reptiles, 203-204 parasomnias, 108 partial warm-bloodedness (PWB), 74 PFC. See prefrontal cortex, development of phylogenetic signals. See also genetics in nonhuman primates, 129 - 130in REM sleep, 198, 199 physiologic indices, of sleep, 3.35-36 ANS and, 3 NREM as, 35-36 REM as, 36 pinnipeds, sleep in, 7 bihemispheric, 7 REM, 209 unihemispheric, 7 placental mammals, REM sleep in, 207-208 polyphasic sleep cycles, 18 Prader-Willi syndrome (PWS), 228 predation, sleep architecture and, 20-23 by generalist predators, 23 under laboratory conditions. 25

**REM-NREM** sleep cycles and, 22-23, 115 risk of, as factor in sleep time, 20-21 schooling in teleosts and, 62, 68, 69 social sleeping and, 21–22 by specialist predators, 23 unihemispheric sleep in birds and, 149-150 prefrontal cortex (PFC), development of, 117 primates. See nonhuman primates, sleep in primitive marsupials, REM sleep in, 207-208 psychiatric disorders, insomnia as risk factor for, 111 PWB. See partial warm-bloodedness PWS. See Prader-Willi syndrome

quiescent states, in mammals, 50. See also mammals, sleep in

rapid eye movements (REM), during sleep, 2 in amphibians, 201-202 in frogs, 202 during avian sleep, 145, 150-152, 204-205 duration of, 151–152 evolution of 155, 161 Flanigan–Tobler criteria for, 205 mammalian sleep v., 151-152 study history for, 204-205 thermoregulatory responses during, 150-151

in cetaceans, 208-209 EEG activity during, 197 evolution of, 197-211 in insects, 200 insomnia and, 115 in invertebrates, 200 cephalopods, 200 in laboratory conditions v. wild animals, 210-211 in mammals, 4, 15–18, 205-210 evolution of, 155, 161 marine, 208-210 in monotremes, 206-207 neuronal systems responsible for, 198-199 nonhuman primates, 131, 135-136 NREM v., 17-18 placental, 207-208 plasticity of, 25-28 predation and, 22–23, 115 in primitive marsupials, 207-208 in mouse models, 223, 230-232 genomic imprinting and, 228-230 narcolepsy and, 116-117 in neonates, 199 phylogenetic studies of, 198-199 limitations of, 198 as physiologic indicator of sleep, 36 in pinnipeds, 209 in reptiles, 202-204 sleep rebound and, 199 **SOREM**, 116 in vertebrates, 200-206 rebound effect, 3 in mammals, 12

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

### 274 Index

Rechtschaffen, A., 174 REM. See rapid eye movements, during sleep reptiles, sleep in NREM, 202-203 paradoxical, 203-204 REM, 202-204 evolution in, 202 Flanigan-Tobler criteria, 202-203 reptiles, wakefulness in, 172-190 neurological signs of, 181-185 EEG arousal patterns and, 182–183 mammals v., 185-186 sensory processing for, 177 visual system structure in, 177-179 collothalamic system in, 178-179 lemnothalamic system in. 4. 178-179 Sprague effect in, 181 telencephalic processing in, 180-181 rest in fish, 260 sleep v., in mammals, 173 - 174restful waking, in teleosts, sleep v., 64-67 in captive fishes, 65 in coral reefs, 65-67 in free-living fishes, 64-65 retinal structure, in teleosts, 63 schooling, in teleosts, 67-70,

77–79 acousticolateralis system and, 63–64

for blind species, 67-68 feeding patterns and, 70 formation factors for, 68 predators and, effectiveness against, 62, 68, 69 in scombrids, 73 vision and, 62, 67 Science, 218 scombrids, 70-74 continuous swimming of, 73-74 geographic distribution of, 71-72 migration patterns of, 72-73 physical characteristics of, 70-71 oxygen consumption and, 71 PWB and, 74 schooling in, 73 scorpions, states of vigilance for, 38 serotonin, 47 short sleepers, insomnia and, 112 signaling pathways, for sleep cAMP. 47 CREB proteins in, 47 in Drosophila melanogaster, 47 EFGR in, 47 skipjacks. See scombrids sleep. See also aging, sleep and; insects, sleep in; mammals, sleep in; mouse models, for sleep; nonhuman primates, sleep in; non-rapid eye movement, during sleep; rapid eye movements, during sleep; sleep

deprivation; sleep disorders; sleep intensity; sleep studies; teleosts, sleep in AD and, 231 animal models of, 145 mice as, 219-232 behavioral measures of. 2-3,35 circadian influences on, 35 NREM, 2-3 REM. 2 biochemical regulation of, 91-97 ATP in, 95-96 through cerebrospinal fluids, 92 insomnia as resistance to, 112, 113 SWA in, 109 TNF in, 91-97 two-process model of, 109-110 body mass and, 1 comparative approach to, 1 definition of, 2-3 criteria for, 3, 35-36 duration of, 107-108 immunocompetence and, 1 evolution of, 87–91 humoral signaling in, 88 studies for, 172-173 Flanigan-Tobler criteria for, 201 in reptiles, 202-203 forebrain development and. 2 function of, 9, 57-61, 99-100, 189-190 brain operational efficiency as, 60

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

Index 275

SRS role in, 100 theories of, 100 future research on, 8-10 sleep expression, 9 sleep function, 9, 57-61 in wild animals, 9–10 genetic studies for, 218-232 genomic imprinting for, 228-230, 232 hibernation and, 8 bears and, 8 through SWS, 8 homeostatic regulation and. 2. 35 in birds, 152-155 insomnia and, as resistance to, 112, 113 for sleep intensity, 109-110 SWA in, 109 two-process model of, 109-110 intensity of, 97, 109-110 for marine mammals, 2, 7 for cetaceans, 7 for pinnipeds, 7 memory processing during, 58 microbial influence on, 91 monophasic cycles of, 18 as network-emergent property, 86-100 of whole-organism, 87 at neuronal level, 89–91 organization of, 97-99 ATP role in, 99 cortical columns' role in, 98-99 ERPs in. 98-99 as localized event in brain, 97-98

origin of, 57-61 detailed focal vision and, 59 - 61memory processing and, 58 physiologic indices of, 3, 35-36 ANS and, 3 polyphasic cycles of, 18 rebound effect with, 3 in mammals, 12 restful waking v., in teleosts, 64-67 in captive fishes, 65 in coral reefs, 65-67 in free-living fishes, 64-65 studies for, 172-173 TNF and, 86-87 in biochemical regulation of, 91-97 NREM and, 86, 92-94 unihemispheric, 7 in birds, 148-150 in cetaceans, 208–209 sleep deprivation and, 8 sleep deprivation in birds, 152-153 REM states after, mammals v., 153-155 in insects, 38-39 in Diploptera punctata, 38 - 39in Drosophila melanogaster, 43 in honeybees, 40 insomnia v., 111-112 in mammals, 12 microsleeps and, 112 sleep intensity and, 109 sleep rebound effect after, 175 unihemispheric sleep and, 8

sleep disorders. See also dvssomnias classification of, 108-109 dyssomnias, 108-109 depression and, 108 health risks as result of, 108 hypersomnolence, 108 idiopathic hypersomnia, 117-118 infections and, 118-119 insomnia, 50-51, 108, 110-116 KLS, 118 narcolepsy, 116–117 polysomnographic sleep findings for, SWS and, 118 evolutionary medicine of, 107-113, 114, 120 parasomnias, 108 sleep duration, 107-108 in birds, 146-147 immunocompetence and, 1 in nonhuman primates, evolution of, 134 sleep expression, 9 sleep intensity, 9, 97, 109-110 homeostatic regulation of, 109 - 110SWA in. 109 two-process model of, 109-110 in nonhuman primates, evolution of, 135 NREM and, 135 sleep deprivation and, 109 SWA and, 9 sleep onset rapid eye movements (SOREM), 116

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index More Information

### 276 Index

sleep quotas in nonhuman primates, 125-126, 131 with EEG, 125 empirical data for, 126-131 evolutionary patterns for, 127-130 under laboratory conditions, 125-126 NREM and, 131 phylogenetic signals in, 129-130 REM and, 131 social sleeping as influence on, 137-138 sleep rebound in mammals, 12 after sleep deprivation, 175 REM sleep and, 199 sleep spindles, wakefulness and, 184-185 sleep studies of Drosophila melanogaster, methodological considerations in, 48 - 49with DAMS, 49 evolution of sleep in, 172-173 of insects, 37 behavioral factors in. 37 systematic, 37-39 of nonhuman primates, 123-124 paradigm shifts in, 172-173, 176 sleepiness Epworth Sleepiness Scale, 112 Multiple Sleep Latency Test for, 112

sleep-swimming, hypoxia and 67 sleep-wake studies, in mouse models, 224–225 slow-wave activity (SWA), 9 during avian sleep, 146-150 brain development and, 157-160 in homeostatic regulation of sleep, 109 in birds, 153 synaptic homeostasis hypothesis and, 160-161 slow-wave sleep (SWS), 8 in birds, 145, 146-150 drowsiness v., 146 energy conservation hypothesis for, 156-157 evolution of, 155 thermoregulatory responses during, 146 unihemispheric, 148-150 USWS, 148-149 dyssomnias and, 118 in mammals, evolution of, 155 synaptic homeostasis hypothesis for, 161 social sleeping, 21-22 in nonhuman primates, 136-138 functions of, 136-137 sleep quotas influenced by, 137-138 Sprague effect, 181 squids. See cephalopods SRS, role in function of sleep, 100 stress, insomnia and, 113-114 SWA. See slow-wave activity

SWS. See slow-wave sleep synaptic homeostasis hypothesis for SWA, 160–161 for SWS, 161

telencephalic processing, functional properties of, 180-181 Sprague effect and, 181 teleosts, sleep in, 61-80 acousticolateralis system in 63-64 activity phasing flexibility for. 79 brain complexity among, 77 daily routine as factor in, 75-77 predation in, 76 defining features of, 61-62 evolutionary development of, 61 eve structure in, 62-63 inner ear in. 64 memory processing for, 74-75 nocturnal species of, 66 origin of, 61 retinal structure in, 63 role of senses for, 62-64 vision, 62 schooling for, 67-70, 77-79 acousticolateralis system and, 63–64 for blind species, 67-68 feeding patterns and, 70 formation factors for, 68 predators and, effectiveness against, 62, 68, 69 in scombrids, 73 vision and, 62, 67 scombrids, 70-74

Cambridge University Press & Assessment 978-0-521-89497-5 — Evolution of Sleep Patrick McNamara , Robert A. Barton , Charles L. Nunn Index <u>More Information</u>

> continuous swimming of. 73-74 geographic distribution of, 71-72 migration patterns of, 72-73 physical characteristics of. 70-71 PWB and, 74 schooling in, 73 sleep v. restful waking in, 64-67 in captive fishes, 65 in coral reefs, 65-67 in free-living fishes, 64-65 sleep-swimming in, 67 torpor. See hibernation tropic niche, sleep constraints as result of, 23-24 tumor necrosis factor (TNF) in cerebrospinal fluids, 94 sleep and, 86-87 biochemical regulation of, 91–97 NREM in, 86, 92-94 tunas. See scombrids unihemispheric sleep, 7

> in birds, 148–150 predation and, 149–150 USWS in, 148–149 in cetaceans, 208–209 sleep deprivation and, 8 unihemispheric slow-wave sleep (USWS), in birds, 148–149

predation and, 149–150 prolonged flights and, 150 USWS. *See* unihemispheric slow-wave sleep, in birds

vertebrates, REM sleep in, 200–206. *See also* birds, sleep in; fishes, sleep in; mammals, sleep in; reptiles, sleep in; reptiles, wakefulness in classification of, 200–201 vision, in teleosts, 62 for schooling, 62, 67

wakefulness. See also mammals. wakefulness in: reptiles, wakefulness in as adaptive response, 173, 174 analogous traits for, across species, 176-177 homologous traits for, across species, 176-177 between mammals and reptiles, 186-187 in mammals, 172-190 embryological studies of, 188-189 in mouse models, 224-226, 230-232 neurological signs of, 181-185 rest v. sleep in, 173-174

sensory processing in, 177 visual system structure and, 177–179 in reptiles, 172–190 neurological signs of, 181–185 sensory processing in, 177 visual system structure and, 177–179 Williams, G. C., 189

zebrafish, sleep in, 242-259 aging and, 256-259 behaviors during, 242-245 circadian regulation in, 247-248 compensatory sleep and, 246 development cycle of, 242 diurnal activity of, 242 homeostatic regulation during, 245-247 light sensitivity of, 246-247 neurochemical mechanisms of, 248-253 histamine receptor agonists and, 252 hypocretins and, 252-253, 261 melatonin and, 253, 255, 261 neuronal structures in, 253 - 256