Index

γ-aminobutyric acid (GABA), 75-6 receptors, 212 roles, 114 mice, 141 2-amino-3-(3-hydroxy-5methylisoxazol-4-yl) propanoic acid (AMPA), 221 receptors, 177, 213 5-HT see serotonin 5-methylcytosine (5-mC), 127-8 formation, 128-9 A2A receptor knockout mice, sleep, 76-7 AA-NAT gene, and delayed sleep phase disorder, 328-9 ABCC9 gene, 24 roles, 43 variants, 43 ABCD1 gene, 375 abnormal sleep, and sleep disorders, 35-9 Acad10 gene, roles, 112-14 Acads gene, 96-7 roles, 109 acetyl-l-carnitine (ALCAR), 96-7 acetylcholine (Ach), roles, 176, 211 actuators, in optogenetics, 68 acute stress disorder, prevalence, 355-6 acyl CoA dehydrogenase, 96-7 ADA gene, 375 adeno-associated virus (AAV), credependent, 68, 70 $adenosine_{2A}\ receptors\ (A_{2A}Rs)$ genes, 107 roles, 78 adenosine accumulation, 86-7 biosynthesis, 86, 88 release, 214 roles mice, 141-2 in sleep deprivation, 177 in sleep regulation, 77-8, 95, 107 sleep induction, 77 adenosine deaminase, 171-2, 375 localization, 77-8 studies, 80 adenosine deaminase that act on RNA (ADAR) enzymes, 130-1

adenosine monophosphate (AMP) formation, 85 see also cyclic adenosine monophosphate (cAMP) adenosine monophosphate kinase (AMPK), 94-6 adenosine triphosphate (ATP) exocytosis, 84 gliotransmission, 88 hydrolysis, 86 and sleep regulation, 94-6 S-adenosyl methionine (SAM), 128-9 adolescents, psychiatric disorders, and delayed sleep phase disorder, 327-8 ADORA1 gene, 141-2 ADORA2 gene, 141-2 ADORA3 gene, 141-2 adrenoleukodystrophy, gene therapy, 375 advanced intercrossed lines (AILs), 18 advanced sleep phase disorder (ASPD), 165 candidate gene studies, 328 see also delayed sleep phase disorder (DSPD); familial advanced sleep phase disorder (FASPD) affected sib pair method, 3-4 African American populations obstructive sleep apnea, 284-6 pediatric obstructive sleep apnea, 304 African sleeping sickness, 73-5 age differences delayed sleep phase disorder, 330 diurnal preferences, 199 restless legs syndrome, 335 aging, 214-15 agouti-related protein (AgRP), 56 ALA interneuron, 58 ALD protein, deficiency, 375 alleles causal, 7, 166 frequencies, 166 allostatic changes, to sleep homeostasis, 191-2 almorexant, 249

alpha-synuclein overexpressing (ASO) mice, 358 Alzheimer's disease (AD) association analysis, 6-7 circadian clock genes and, 357-8 gene therapy, 375 and long-term memory, 215 sundowning, 357 symptoms, 215, 357 amygdala, functions, 246 Amylase gene expression, 97 transcripts, 98 and waking, 96 analysis of variance (ANOVA), 14 Angelman syndrome (AS), symptoms, 133-4 animal models anxiety disorders, 355, 356 availability issues, 13 bipolar disorder, 354-5 for cognitive deficits induced by sleep deprivation, 171-84 future research, 184 familial advanced sleep phase, 320 - 4major depressive disorder, 353-4 myotonic dystrophy, 267 narcolepsy, 25, 243, 260, 377 sequencing, 43 sleep deprivation, 211 limitations, 172 in sleep genetics, 13-19 sleep hypotheses, 91-2 sleep mechanisms, 43 sleep research, 54-5, 105-6, 172 and memory, 208-9 synaptic homeostasis hypothesis, 221 see also bird models; inbred strains; outbred strains; rodent models anti-streptolysin O (ASO), 238 antiepileptic drugs, 335 anxiety disorders, 355-6 apnea-hypopnea index (AHI), 27, 279, 284-6, 304 apolipoprotein E (ApoE), 304-5 polymorphisms, 215

Index

AQP4 gene, 261-2 Arc gene, expression, 148, 219-20 archaerhodopsin (Arch), 68 arginine vasopressin (AVP), 357 ARNTL gene, 351-3 arousal caffeine-induced, 79 centers, 66 control, 68-70 disorders, genetic epidemiology, 37-8 and locus coeruleus, 67-8 mechanisms, 44 and norepinephrine, 67-8 see also paroxysmal arousals (PAs) neurons, optogenetic control of, 66-71 systems, activation, 66-7 association analysis complex phenotypes, 6 future research, 10 in genome-wide association studies, 8 issues, 2 association studies circadian entrainment, 165-6 genetics, 13 obstructive sleep apnea, 282-4 see also candidate gene studies; genome-wide association studies (GWASs) associative learning paradigm, 45 astrocytes adenosine release, 214 early studies, 84 electroencephalographic activity, 85 gliotransmitter release, 213-14 ion buffering, 85 roles, 84 in sleep regulation, 84-8 somnogenic substances, secretion, 85-7 astroglial regulation, of sleep, 84-8 Astyanax mexicanus (cavefish), sleep, 61 - 2ATP see adenosine triphosphate attention deficit hyperactivity disorder (ADHD), 9 auditory discrimination, bird models, 180 autoimmune diseases, association analysis, 6-7 autoimmune hypothesis, and human leukocyte antigen, 237-8 autosomal dominant cerebellar ataxia, deafness and narcolepsy (ADCA-DN) etiology, 133-4, 260 genetics, 268 and symptomatic narcolepsy, 263

autosomal dominant nocturnal frontal lobe epilepsy (ADNFLE) differential diagnosis, 367 family studies, 368 future research, 371 genetic linkage studies, 367-8 genetics, 365-71 overview, 367-70 point mutations, 370 pathophysiology, 370-1 aversive phototaxic suppression (APS) assay, 45 Drosophila models, 181-2 learning impairments, molecular pathways, 181-3 avian models see bird models avoidance tasks, in sleep deprivation studies, 174 BAC (bacterial artificial chromosome) plasmids, 321 BC034767 gene, 341 BDNF gene, expression, 143, 148, 219-20 Beck Depression Inventory, 316-17 bed nucleus of the stria terminalis (BNST), 244 behavioral approaches, to sleep studies, 54 Benington-Heller hypothesis, 85, 94 limitations, 85 bethanechol, 68 biological clocks, synchronization, 122 biological night, concept of, 191 bipolar disorder (BPD), 354-5 bird models, 178-80 birds migration, 98 cognitive function maintenance, 180 sleep research, 172 blind-drunk (Bdr) mouse model, 357 BMAL1 gene, 99-100, 121, 133, 351 - 3and Alzheimer's disease, 357-8 binding, 152-3 deletion, 153-4 deregulation, 360 expression, 151-2, 353, 359 mutations, 119 roles, 107, 119-21 and seasonal affective disorder, 354 transcription, 150 BMAL1/Mop3 gene, 26 BMAL2 gene, polymorphisms, 356 BMI see body mass index bmm gene, 97 mutations, 98

body mass index (BMI) and obstructive sleep apnea, 284-6, 2.92 and sleep duration, 92 borderline personality disorder (BLPD), 359-60 brain changes, aging and, 214 sites, and symptomatic narcolepsy, 261 and sleep functions, 219 brain metabolism, and insomnias, 231 brain regions, and memory, 209 brain size, and sleep duration, 91-2 brain-derived neurotrophic factor (BDNF), 84, 143 secretion, 85 brainstem, switching, 104-5 brummer gene, mutations, 183 BTB9 gene, 43 BTBD9 gene, 9, 24, 339, 341, 343 and restless legs syndrome, 342-3 expression, 342-3 variants, 339 BXD RI mice, 108-9, 142 C-reactive protein (CRP), 290, 304-5 Caenorhabditis elegans (nematode) advantages, 54-5 characteristics, 54 circadian rhythms, 57 and Danio rerio compared, 54 gene overexpression, 60 genetic discovery methods, 59-60 in sleep research, 54-62, 105-6 future trends, 59-62 lethargus, 57 RNA interference, 342 sleep, 57-9 physiological activity, 60-1 sleep-like behavior, 57-8 caffeine arousal induction, 79 sleep disturbance induction, 107 and wakefulness, 78 calcium, intracellular, 84 calcium/calmodulin-dependent protein kinase II (CaMKII), 179-80 cAMP see cyclic adenosine monophosphate candidate causal sleep genes (CCSGs), 112-15 encoding, 114 studies, 114 transcriptional regulatory networks, 113 candidate gene studies, 6-7, 9 advanced sleep phase disorder, 328

More information

Index

circadian rhythms, 23 delayed sleep phase disorder, 328 Drosophila models, 43-4 limitations, 22, 351 obstructive sleep apnea, 27, 279-96 future research, 296 no associations, 285 results, 286-96 refinements, 284 restless legs syndrome, 339 sleep genetics, mice, 140-2 systems genetics, 114 see also association studies carbamazepine, 366 carnitine, deficiency, 255 carnitine palmitoyl-transferase 1B, 243-4 case-control studies, limitations, 282 cataplexy, 248, 260 and inherited diseases, 266 and Niemann-Pick type C disease, 265 see also narcolepsy-cataplexy Catsup gene, roles, 115-16 Caucasian populations narcolepsy, genome-wide association studies, 255-7 obstructive sleep apnea, 284-6 pediatric obstructive sleep apnea, 304 cavefish, sleep, 61-2 central nervous system (CNS), 75 cephalometry, 302-3 cerebral demyelination, 375 cerebrospinal fluid (CSF), orexin levels, 243 cGMP-dependent kinase see protein kinase G (PKG) CGS21680, 75-6 channelrhodopsin-2 (ChR2), 68, 173 expression, 68-9 CHKB gene, 255, 258 cholesterol, 219-20 choline kinase beta, 243-4 cholinergic neurons, 66, 211-12 CHRNA2 gene, 368-70 CHRNA4 gene, 367-8, 370 CHRNB2 gene, 368, 370 chromatin, 119-22 higher-order remodeling, 127, 129 immunoprecipitation, 152-3 modifications, 129 modifying enzymes, 129 expression, 129 remodeling, 131-2 roles, 129 structure, 129 chromosomes bacterial artificial, plasmids, 321 inbred strains, 16-17

recombination, 2 X chromosome inactivation, 127-8 chronic insomnia age of onset, 229-30 etiology, 227 familial aggregation, 229-30 familial components, 228-30 genetic factors, 227-32 heritability, 227-32 measurements, 228 prevalence, 227 twin studies, 227, 229 chronotherapies, 353 chronotypes, vs. time-of-day preferences, 164 circadian clock dysfunctions, etiology, 327 circadian clock genes, 22 and Alzheimer's disease, 357-8 and anxiety disorders, 355-6 and bipolar disorder, 354-5 and dementia associated with neurodegenerative diseases, 357 - 9and depressive disorders, 353-4 expression, 351-3 human, 352 and Huntington's disease, 358-9 and major depressive disorder, 353-4 and mental retardation, 360 and mood disorders, 26, 353-5 mutations, 43-4 and Parkinson's disease, 358 and personality disorders, 359-60 polymorphisms, 353 and psychiatric disorders, 351-60 future research, 360 mechanisms, 359-60 rodents, 351 roles, 107 and schizophrenia, 356-7 and seasonal affective disorder, 354 and sleep, humans, 351-3 and Smith-Magenis syndrome, 360 variants, 357 circadian clocks aging and, 214-15 and diurnal preferences, 197 early, 162 humans, 163 input mechanisms, 122-3 localization, 105, 150-1, 198-9 mechanisms, 162 model organisms, 162-3 molecular components, 150-1 use of term, 131 see also circadian pacemakers circadian entrainment, 313 association studies, 165-6

and daylight saving time, 168 and familial syndromes, 165 genetics, 162-8 complexity, 166-8 future research, 168 humans, 163-8 and light, 167-8 and photoperiods, 168 twin studies, 164-5 see also zeitgebers circadian genes, 327-32 DNA methylation, 134-5 humans, 162 circadian pacemakers future research, 123 genetic control, 119-23 see also circadian clocks circadian period and circadian phase, 318 and diurnal preferences, correlations, 198-9 long, 331 circadian phase abnormal, 327 and circadian period, 318 and diurnal preferences, correlations, 198-9 markers, 317-18 circadian phenotype genetics, humans, 164 - 6circadian regulation and homeostatic regulation, 147-55 crosstalk, 151 future research, 154-5 research background, 147-8 individual differences, 327 mechanisms, 147-8, 162 circadian rhythm sleep disorders (CRSDs), 327 differential diagnosis, 327-8 etiology, 313 future research, 324-5 genetics, 313 pathophysiology, 315 symptoms, 313 see also delayed sleep phase disorder (DSPD); jet lag disorder; sleep-wake disorders circadian rhythms Caenorhabditis elegans, 57 candidate gene studies, 23 cellular, 313 and diurnal preferences, 198 and DNA methylation, 131 Drosophila studies, 119 epigenetics, 127-36 future research, 135-6 future research, 123 genes, 99-100

Index

circadian rhythms (cont.) genetics, 33-136 and genomic imprinting, 133 mechanisms, 189-90 Mendelian alterations, 22-3 molecular bases, 22 and non-coding RNAs, 132-3 non-transcriptional, 123 physiological measurements, 317 regulation, 105 and RNA editing, 133 roles, 313 and sleep-wake cycles, 351 studies, 351 synchronization, 122-3, 351 variability, 22-3 circadian timing systems see circadian clocks *CK1δ* gene, 22, 121, 351 mutations, 4, 165 CK1ɛ gene, 22, 121, 351 and delayed sleep phase disorder, 328-9 Cleveland Family Study, 27, 279, 284-6, 304 clinical depression see major depressive disorder (MDD) clinical interviews, insomnias, 228 CLOCK gene, 23-4, 99-100, 351 and anxiety disorders, 356 and bipolar disorder, 354-5 and borderline personality disorder, 359-60 and delayed sleep phase disorder, 328-9 deletion, 122 discovery, 119 expression, 151-2, 353 genome-wide transcription, 122 homolog, 153-4 hypomethylation, 199 in mammals, 119-21 mutations, 100, 119, 375 polymorphisms, 26, 201-2, 232 roles, 107, 119-21 and schizophrenia, 356-7 clock genes canonical, 99-100 discovery, 119 expression, 122 and elevated sleep pressure, 151-3 high-density markers, 24 humans, 162-3 identification, 119 and insomnias, 26 mutations, 22, 43-4, 201-2 and sleep homeostasis, 153-4 paralogs, 121-2

polymorphisms, 201-2, 353 roles, 107, 151 in sleep pressure, 151, 153 and synaptic element regulators, 154 see also circadian clock genes Clock mutant mice, 100, 354-5 clock polymorphisms and human diurnal preferences, 197 - 204future research, 204 CLOCK protein, roles, 131-2, 150 CLOCK-BMAL1 complex, 150 clocks biological, synchronization, 122 peripheral, 123 single-cell research, 163 see also circadian clocks CNS see central nervous system Coffin-Lowry syndrome (CLS), 266 cognition, and sleep deprivation, rodents, 174-5 cognitive deficits and aging, 214 Drosophila models, 183-4 and sleep deprivation, 171, 193 animal models, 171-84 bird models, 178-80 Drosophila models, 180-4 future research, 184 individual differences, 193 mechanisms, 177-8 rodent models, 172-8 and sleep duration, 191 cognitive function maintenance, during bird migration, 180 and pediatric obstructive sleep apnea, 306-7 cognitive impairments see cognitive deficits cognitive tests and sleep deprivation, 171-2 rodents, 174 Collaborative Cross (CC), 111 goals, 15 and recombinant inbreds, 15-16 common-variant common-disease hypothesis, 7 complex phenotypes association analysis, 6 classification, 5-6 factors affecting, 5 genome-wide association studies, 7 linkage mapping, 5-6 studies, methodology, 6-9 complex trait analyses goals, 6 in sleep genetics, 13-19

complex traits categorical, 5-6 continuous, 5-6 future research, 22 genetic mapping, 1-2 studies, 6 congenic lines, 17-18 continuous positive airway pressure (CPAP), in obstructive sleep apnea treatment, 296 copy number variations (CNVs), 7 - 8Cornelia de Lange syndrome, etiology, 133 - 4corticosteroids, 214 cortisol, 214-15 courtship conditioning, 45-6, 50 Drosophila models, 184 CPT1B gene, 9, 255, 258 and narcolepsy, 255 CREB1 gene, 341-2 Creutzfeldt-Jakob disease (CJD), genetic mutations, 231 CRH gene, 370-1 CRY proteins, 121-2 CRY1 gene, 22, 119-22, 150, 353 deregulation, 360 expression, 153-4 and schizophrenia, 357 CRY2 gene, 22, 119-22, 150 hypermethylation, 199 expression, 153-4 cryptochromes, 22 CSNK1D gene, 320, 323-4 circadian phenotypes, 324 expression, 320-1 mutations, 319-20 transgenic mice, 324 CSNK1E gene, 319-20 Cullin-3, 49-50 cyanobacteria circadian clocks, 162 circadian rhythms, 123 *cyc*⁰¹ gene, 43–4 Cycle gene, 153 cyclic adenosine monophosphate (cAMP) levels, 58 response element-binding protein (CREB), 152-3 and memory, 213 signaling, 44, 58, 212-13 cyclic behavior, mammals, 122 cyclic guanosine monophosphate (cGMP), encoding, 46 cyclin A, 50 cytokines, secretion, 87-8

Index

DA see dopamine Danio rerio (zebrafish), 54-6 sleep, 54-7 physiological activity, 60-1 in sleep research, 54-62, 105-6 future trends, 59-62, 184 daylight saving time, and circadian entrainment, 168 daytime sleepiness, 35 see also excessive daytime sleepiness (EDS) db/db mice, 93 Dbp gene absence of, 153-4 expression, 151-2 dBTBD9 gene, 342-3 dDA1 see Drosophila D1 receptor (dDA1) DEC2 gene, 23 mutations, 26, 43, 140 declarative memory, 209-10 delayed sleep phase disorder (DSPD), 165, 327-32 and adolescent psychiatric disorders, 327-8 age differences, 330 candidate gene studies, 328 diagnosis, 23, 327-8 and diurnal preferences, 329-30 etiology, 327-8 and evening preference, 327-8, 331 future research, 331 gene therapy, 375 genetics, 23, 328-9 heritability, 328 individual differences, 331 and light, 331 and melatonin, 328, 330-1 overview, 327-8 and PER3 gene, 328-31 prevalence, 327-8 and sleep deprivation, 330 symptoms, 327-8 treatment, 331 see also advanced sleep phase disorder (ASPD) delta sleep inducing peptide (DSIP), 131 - 2delta waves, and sleep intensity, 105 dementias associated with neurodegenerative diseases, circadian clock genes and, 357-9 genetic mutations, 231 see also Alzheimer's disease (AD) depression, measures, 316-17

depressive disorders circadian clock genes and, 353-4 see also bipolar disorder (BPD); major depressive disorder (MDD) Designer Receptors Exclusively Activated by Designer Drugs (DREADDs), 69-70 diabetes type 2, and obstructive sleep apnea, 293 diacylglycerol (DAG), formation, 84 Diagnostic and Statistical Manual of Mental Disorders (DSM) insomnias, 228 sleep disorders, 227-8 diazepam, sleep induction, 56 Dilp2 gene, 48 dim-light melatonin onset (DLMO), 313-15, 317-18 discs-large protein, 50 diseases, and human leukocyte antigen, 238-9 diurnal preferences age differences, 199 and circadian clocks, 197 and circadian period, correlations, 198_{-9} and circadian phase, correlations, 198-9 and circadian rhythms, 198 and delayed sleep phase disorder, 329-30 determinants, 197, 199 future research, 204 and genetic variations, 201-2 heritability, 201, 328 inheritance, 199-201 issues, 197 measurement, 197-8 overview, 203-4 and PER3 gene, 200, 202-3 sex differences, 199 and sleep duration, 199 and sleep-wake timing, 199-201 see also human diurnal preferences diurnal type twin studies, 34 see also morningness-eveningness diversity outbred (DO) mice, 111 dizygotic (DZ) twins chronic insomnia studies, 227, 229 diurnal type studies, 34 electroencephalograms, 139-40 heritability, 6, 105-6 insomnia studies, 36 restless legs syndrome studies, 336 sleep genetics, 140 sleep length studies, 34-5 sleep quality studies, 35 variability studies, 33

DMPK gene, 266-7 DMT1 gene, 342 DNA mutations, 1 variations, 1-2 hydroxymethylation, 127-8 definition, 127-8 epigenetics, 127-9 localization, 129 methylation, 127-8 and circadian rhythms, 131 epigenetics, 127-9 localization, 129 and pediatric obstructive sleep apnea, 307-8 roles, 127-8 studies, 134-5 methyltransferases (DNMTs), 127-8 roles, 128-9 DNMT1 gene, 257, 263, 268 expression, 263 mutations, 133-4 structure, 263 and symptomatic narcolepsy, 263 Dnmt3b gene, 131 dominant-negative soluble Nethylmaleimide-sensitive fusion protein attachment protein receptor (dnSNARE), 86-7 and sleep deprivation, 94-6 donepezil, 215 dopamine (DA), 56 active transporter (DAT) knockout mice, 141 beta hydroxylase, 56 expressing neurons, 48-9 in reinforcement learning, 44 receptors, subtypes, 141 signaling, 181-2 transporter gene, 44 dopaminergic drugs, 335 dorsal fan shaped body, 48 dorsal raphe nuclei (DRN), 66 Down's syndrome, 360 Dox (doxycycline), 86 DP₁ receptor knockout mice, sleep, 76-7 roles, 78 Dps1 gene, roles, 108-9, 142 DQA1*0102, 37 DQB1*0602, 25, 37 DRD2 gene, polymorphisms, 356-7 Drosophila spp. (fruit flies), 320-1 candidate gene studies, 43-4 circadian entrainment studies, 164-5 circadian rhythm studies, 119 courtship conditioning, 184 dopamine signaling, 181-2

Index

Drosophila spp. (fruit flies) (cont.) early studies, 2 Elp3 gene, 132 foraging alleles, 183 foraging gene, 98-9 forward genetic screens, 49-50, 59 free fatty acid metabolism, 183 genetic studies, interpretation approaches, 44-5 lipid metabolism, 97 lipid storage droplet 2, 183 long non-coding RNAs, 132 long-term memory, 45-6 microRNAs, 132-3 models advantages, 180-1 for cognitive deficit research, 183 - 4for cognitive deficits induced by sleep deprivation, 180-4 disadvantages, 180-1 future research, 51 for genetic sleep research, 43-51 results interpretation, 44-6 for sleep deprivation research, 181 non-coding RNAs, 132 Notch signaling, 182-3 olfactory conditioning, 183 plasticity, 50-1 RNA editing, 133 short-term memory, 45, 182 sleep, definitional criteria, 43 sleep homeostasis, 43-4 sleep regulation, 46-9 evolutionary conservation, 43 sleep-wake cycles, 43-4 starvation studies, 96 studies, 6-7, 43 and synaptic homeostasis hypothesis, 221 systems genetics studies, 115-16 Drosophila D1 receptor (dDA1), 45, 181 expression, 181-2 Drosophila melanogaster (fruit fly) dBTBD9 gene, 342-3 models, 13 sleep homeostasis, 153 in sleep research, 105-6, 172 dSRF gene, 50 dual process hypothesis, 208-9 dunce gene, 50 dystrophia myotonica (DM) see myotonic dystrophy (MD)

EGFR (epidermal growth factor receptor), gene, 50 signaling, 48 egl-4 gene, 58 EHMT1 gene, 133-4 EIGENSTRAT (software), 8 electroencephalograms (EEGs) astrocyte activity, 85 humans, 139-40, 148 mice, 148 normal sleep, 34 and sleep genetics, 139-44 in sleep induction studies, 75 in sleep studies, 104-5 electromyograms (EMGs), in sleep induction studies, 75 Elp3 gene, loss of, 132 emotional memory, 210-11 emotional salience, and sleep, 210 - 11energy metabolism enzymes and sleep deprivation and regulation, 94-9 energy processing organs, and sleep deprivation, 94 energy status determinants, 99 and sleep-wake regulation, 94 eNOS gene, 308 epidermal growth factor (EGF) signaling, 58 epidermal growth factor receptor (EGFR), signaling, 48 epigenetic marks, readers, 128-9 epigenetics circadian rhythms, 127-36 factors, 127-31 field of study, 127 future research, 135-6 and gene transcription, 127 mechanisms, 127-31 pediatric obstructive sleep apnea, 307-8 perspectives, 135-6 and sleep, 131-3 sleep disorders, 127-36 sleep-wake disorders, 133-5 epilepsy familial focal, with variable foci, 367 risk factors, 365 see also nocturnal frontal lobe epilepsy (NFLE) episodic nocturnal wanderings (ENW), 365 Epworth Sleepiness Scale, 10 essential hypersomnia (EHS), 237 ETAA1 gene, 342 ethnic differences, obstructive sleep apnea, 279-80 ethnicity markers, 166-7 ethyl methane sulfonate (EMS), 49

European populations, narcolepsy, genome-wide association studies, 257 evening preference, delayed sleep phase disorder and, 327-8, 331 eveningness, 23 see also morningness-eveningness; Morningness-Eveningness Questionnaire (MEQ) excessive daytime sleepiness (EDS), 260 and myotonic dystrophy, 266-7 and symptomatic narcolepsy, 261-2 executive functions, and sleep deprivation, 171-2 exercise, and muscle fatigue, 219 explicit memory see declarative memory FABP4 gene, polymorphisms, 307 false discovery rates (FDRs), 290 familial advanced sleep phase (FASP) animal models, 320-4 clinical phenotyping, 315-18 future research, 324-5 gene discovery, 318-20 gene therapy, 375 inheritance, 315 markers, 314 molecular mechanisms, 320 mutations, 318 trait, 313-15 familial advanced sleep phase disorder (FASPD), 4, 121, 351 future research, 324-5 genetics, 23, 313-25 linkage mapping, 4 studies, 315-16 familial aggregation studies, 229-30 familial focal epilepsy, with variable foci, 367 familial insomnia, 229-30 see also fatal familial insomnia (FFI) familial narcolepsy, prevalence, 235 familial natural short sleep (FNSS), 23 familial sleep disorders forward genetics, 107-8 linkage mapping, 4 familial syndromes, and circadian entrainment, 165 family studies autosomal dominant nocturnal frontal lobe epilepsy, 368 electroencephalograms, 140 restless legs syndrome, 335-44 sleep genetics, 140 sleep phenotypes, 1 FASP gene, mutations, 319-20 fatal familial insomnia (FFI), 227, 231

fatigue, 191 muscle, 219 fatty acid binding proteins (FABPs), 307 fatty acids, beta-oxidation, 255 Fbxl3 gene and anxiety disorders, 356 mutations, 121 fear conditioning tests, in sleep deprivation studies, 174 flies rover gene, 99 Shaker gene, 107-8 sitter gene, 99 sleep deprivation, 97 wild-type, sleep homeostasis, 43-4 see also Drosophila spp. (fruit flies) flip-flop model, 231 fluid attenuation inversion recovery (FLAIR), 262 fluoxetine, 353-4 foraging alleles, Drosophila models, 183 foraging gene, 98-9, 183 polymorphisms, 46 forced desynchrony studies, 330 forme fruste, use of term, 272 forward genetic screens Drosophila models, 49-50, 59 mutant, 49 unbiased, 46, 49 forward genetics circadian rhythm studies, 119 familial sleep disorders, 107-8 and reverse genetics compared, 107 - 8see also quantitative trait locus (QTL) analysis Fos gene, expression, 75-6, 141, 148, 247 FOXP3 gene, 134-5 free fatty acid metabolism, Drosophila models, 183 French-Canadian populations, restless legs syndrome, 337-9 frequency gene, feedback loops, 119 fumin gene, 44-5 GABA see y-aminobutyric acid GABA-A receptor beta3 subunit, mutations, 231-2 GABAergic signaling, 211-12 gabapentin, 335 Gabra2 gene, 114 GAL4/UAS system, 46-8 in Drosophila models, 180-1 galanin, 56 GCaMP, 60-1 gene co-expression networks, 114

gene expression and sleep, 142-3 and sleep deprivation, 153, 219-20 gene therapy clinical trials, 375 future research, 379 for sleep disorders, 375-9 gene transcription and epigenetics, 127 and long-term memory, 213 gene transfer, 376-7 future goals, 379 orexin, 378-9 site of, 377-9 gene translation, and long-term memory, 213 gene-environment interactions, 104-5, 167-8 gene-gene interactions, 104-5 generalized anxiety disorder (GAD), prevalence, 355-6 genes oscillating, 122 in sleep-wake regulation, 22-4 see also candidate causal sleep genes (CCSGs); clock genes; metabolic genes; nonmetabolic genes genetic approaches, complex, 104-6 genetic control, of circadian pacemaker, 119-23 genetic disorders producing symptomatic narcolepsy, 260 - 8restless legs syndrome as, 335-7 genetic epidemiology arousal disorders, 37-8 insomnias, 36 issues, 39 methods, 33-4 narcolepsy, 37 narcolepsy-cataplexy, 37 obstructive sleep apnea, 36-7 parasomnias, 37-9 restless legs syndrome, 39 sleep, 33-40 sleep disorders, 33-40 future research, 40 issues, 39-40 sleep-wake disorders, 38 genetic factors in chronic insomnia, 227-32 chronic insomnia, future research, 232 in insomnias, 230-2 genetic linkage studies, 13-19 autosomal dominant nocturnal frontal lobe epilepsy, 367-8

future research, 10 issues, 2 obstructive sleep apnea, 279-96 future research, 296 methodology, 280-2 results, 284-6 summary, 281 restless legs syndrome, 337-9 see also linkage analysis; linkage mapping genetic mapping animal models, 13-19 inbred strains, 13-14 crosses, 15 outbred strains, 13 association studies, 1-2 complex traits, 1-2 congenics, 18 high resolution, 18 Mendelian diseases, 1-2 recombinant inbred strains, 15 resources, selection criteria, 18-19 and sequencing, 18 without genotyping hybrid mouse diversity panel, 17 in silico mapping, 16–17 recombinant congenics and consomics, 16 recombinant inbreds, 15-16 see also linkage mapping genetic screens, 59-60 see also forward genetic screens genetic sleep research Drosophila models, 43-51 future trends, 116 quantitative trait locus analysis, 108-11 single-gene approaches, 106-8 systems genetics approaches, 111-12 genetic variations, and diurnal preferences, 201-2 genetics association studies, 13-19 of autosomal dominant nocturnal frontal lobe epilepsy, 365-71 circadian entrainment, 162-8 future research, 168 circadian rhythms, 33-136 delayed sleep phase disorder, 23, 328-9 of familial advanced sleep phase disorder, 313-25 principles, 1-28 of recurrent hypersomnia, 272-6 sleep disorders, 24-7 future research, 27-8 see also sleep genetics

Index

genome-wide association studies (GWASs), 6-7, 43 advantages, 23-4, 254 applications, 284 association analysis, 8 circadian entrainment, 166-7 complex phenotypes, 7 disadvantages, 254 genotyping, 7-8 goals, 7 insomnia, 25-6 narcolepsy, 25, 254-8 narcolepsy-cataplexy, 9 obstructive sleep apnea, 26-7 population stratification, 8 quality control, 8 replication, 8-9 restless legs syndrome, 9, 24-5, 43, 335-44 study characteristics, 340 sample collection, 7 sleep, 9 sleep disorders, 9 sleep phenotypes, 22-8 study design, 27 genomic approaches, complex, 104-6 genomic imprinting, 131 and circadian rhythms, 133 genomic variants, and pediatric sleeprelated breathing disorders, 302-8 genomics, principles, 1-28 genotype-phenotype interactions, and pediatric sleep-related breathing disorders, 302-8 genotyping, in genome-wide association studies, 7-8 genotyping chips, 290-2 GFP-Aequorin transgene, 61 ghrelin, 92-4 glia classification, 84 future research, 88 and neural metabolism, 85 properties, 85-6 research issues, 88 roles, 84, 213-14 in sleep, 85 early concepts, 84 signaling, 84, 213-14 somnogenic substances, 86 see also astrocytes; microglia; neurons; oligodendrocytes glial cell line-derived neurotrophic factor (GDNF), 304-5 glial cells see glia glial fibrillary acidic protein (GFAP), 86 glial-derived growth factor (GDGF), 290 gliotransmission, 86-8

gliotransmitters, release, 213-14 Glo1 gene, expression, 109 glucose, 94 glutamate receptors, modulation, hippocampus and, 177 glycogen roles, 219 storage, 94 glycogen-adenosine hypothesis, 96 Gnas gene, expression, 133 gp91phox, 306-7 green fluorescent protein (GFP), 50 - 1as marker, 321 growth hormone (GH), and sleep deprivation, 92-3 growth hormone releasing hormone (GHRH), and sleep deprivation, 92-3 Gsk-3 gene, 355 GWASs see genome-wide association studies halorhodopsin (NpHR), 68 Hamilton Rating Scale for Depression, 316 - 17HapMap, 166-7 applications, 284 HCRT see orexin HCRT-2 receptor, mutations, 377 Hcrt1 peptide, 67 Hcrt2 peptide, 67 HDAC2 gene, 263 HDAC4 gene, mutations, 133-4 HDACs see histone deacetylases heat shock elements (HSEs), 122-3 hematopoietic prostaglandin-D synthase (H-PGDS), 75 inhibitors, 77 heritability in chronic insomnia, 227-32 definition, 6 delayed sleep phase disorder, 328 diurnal preferences, 201, 328 insomnias, 36 narcolepsy, 254 obstructive sleep apnea, 279 restless legs syndrome, 341 sleep homeostasis markers, 148-9 sleep patterns, twin studies, 22 twin studies, 6, 105-6 heterogeneity, in insomnia diagnosis, 227-8 heterogeneous stocks (HSs), 18 hippocampus, 211-12 aging and, 214 and glutamate receptor modulation, 177 histamine receptors, roles, mice, 141

histidine decarboxylase (HDC), roles, mice, 141 histone acetyltransferases (HATs), 129, 131-2 histone deacetylases (HDACs), 129, 131 - 2inhibitors, 119-21 histone demethylases (HDMs), 129, 131-2 histone methyltransferases (HMTs), 129 histones acetylation, 119-21 modifications, 131-2 post-translational modifications, 127, 129 HLA see human leukocyte antigen HLA-DQ protein, 239 HLA-DQA1 gene, 235-6 alleles, 239 HLA-DQA2 gene, 257 HLA-DQB1 gene, 235-8, 263-5 alleles, 239 and diseases, 238-9 and narcolepsy, 254-6 prevalence, 236 and recurrent hypersomnia, 274-5 and symptomatic narcolepsy, 265 HLA-DR1, and delayed sleep phase disorder, 328-9 HLA-DRB1 gene, 273-4 and narcolepsy, 254, 257 polymorphisms, 235-6 HLA-DRB1*1301-DQB1*0603 haplotype, 37, 257 HLA-DRB1*1501-DQA1*0102-DQB1*0602 haplotype, 235 - 6HLA-DRB1*1501-DQB1*0602 haplotype, 254, 256-7 homeostatic regulation and circadian regulation, 147-55 crosstalk, 151 future research, 154-5 research background, 147-8 Homer gene, expression, 219-20 Homer1a gene, 142, 148-9 expression, 108-9, 148 roles, 108-9 hormone levels, and sleep deprivation, 92-3 Horne-Östberg Morningness-Eveningness Questionnaire, 23, 164, 197-8, 316 familial syndrome studies, 165 HOX proteins, 341-2 HPA (hypothalamic-pituitaryadrenal axis), aging and, 215 HSAN1 gene, 263

Index

prevalence, 25-6, 227

HTT gene, 267-8 human diurnal preferences and clock polymorphisms, 197-204 future research, 204 see also time-of-day preferences human genome, sequencing, 43 Human Genome Project, 284 human leukocyte antigen (HLA) and autoimmune hypothesis, 237 - 8and clinical characteristics, 236-7 disease associations, molecular mechanisms, 238-9 and diseases, 238-9 and Kleine-Levin syndrome, 274-5 and narcolepsy, 235-9, 254 and recurrent hypersomnia, 274-5 human susceptibility loci obstructive sleep apnea, 290 sleep and sleep disorders, 5 human-based studies, loci, 28 humans circadian clock genes, 352 circadian clocks, 163 circadian entrainment, genetics, 163 - 8circadian genes, 162 circadian phenotype genetics, 164-6 clock genes, 162-3 and electroencephalograms, 139-40, 148 narcolepsy, 377 sleep deprivation, limitations, 172 sleep genetics, 140 Huntington's disease (HD) circadian clock genes and, 358-9 comorbidities, 358-9 disease progression, 358-9 etiology, 267-8 genetics, 2 murine studies, 359 and orexin deficiency, 267-8 penetrance, 3 symptoms, 358-9 hybrid mouse diversity panel (HMDP), and genetic mapping without genotyping, 17 hyperarousal concept, of insomnias, 231 hyperekplexia, 266 hypermethylation, 199 hypersomnias, 9-10, 235-76 essential, 237 prevalence, 235 see also Kleine-Levin syndrome (KLS); menstrual-related hypersomnia (MRH); recurrent hypersomnia hypnotoxins, 73 hypocretin see orexin

hypocretin deficiency see orexin deficiency hypothalamic-pituitary-adrenal axis (HPA), aging and, 215 hypothalamic-pituitary-adrenocortical system, roles, 214 hypothalamus, and symptomatic narcolepsy, 261 ID59699, 264 identical by descent (IBD), 3-4 identity by state (IBS), definition, 17 idiopathic narcolepsy, 260 IL-1 see interleukin-1 (IL-1) immediate early genes (IEGs), 143 imprinting, 179-80 in silico mapping, 16-17 inbred strains, 13-14 backcrossed, 14 chromosomes, 16-17 crosses, 15

intercrossed, 14 phenotype issues, 13-14 see also recombinantinbred strains (RIs) individual differences circadian regulation, 327 delayed sleep phase disorder, 331 sleep duration, 189-95 overview, 190-1 see also age differences; sex differences influenza, and narcolepsy, 238 inheritance diurnal preferences, 199-201 restless legs syndrome, 338-9 inherited diseases and cataplexy, 266 and orexin deficiency, 266-8 inositol triphosphate (IP₃), formation, 84 Insomnia Severity Index (ISI), 331 insomniac (inc) gene, 49-50 insomnias, 9–10, 227–32 and brain metabolism, 231 characterization, 228 classification, 228 clinical interviews, 228 clock genes and, 26 diagnosis, heterogeneity in, 227-8 disease course, 228 evaluation, issues, 228 genetic epidemiology, 36 genetic factors, 230-2 genome-wide association studies, 25-6 heritability, 36 hyperarousal concept of, 231 pathophysiology, 228

secondary, 227-8 twin studies, 25-6, 36 see also chronic insomnia; familial insomnia; primary insomnias; psychiatric insomnia insufficient sleep, 35 insulin, and sleep deprivation, 92-3 interleukin-1 (IL-1), 85 intermediate and medium mesopallium (IMM), 179-80 International Classification of Diseases (ICD), sleep disorders, 227 - 8International Classification of Sleep Disorders (ICSD), 227-8 insomnias, 228 narcolepsy, 235, 261 recurrent hypersomnia, 272 Second Edition, 24, 243 International RLS Study Group (IRLSSG), 335 ion buffering, astrocytes, 85 Jackson Laboratory (USA), 13 Japanese populations, narcolepsy, genome-wide association studies, 254-5 JARID1a (enzyme), 119-21, 131-2 jet lag disorder, 165 etiology, 327 JNJ-10397049, 249-50 KaiA protein, 123 KaiB protein, 123 KaiC protein, 123 Karolinska Sleepiness Scale, 203 KCNT1 gene, 370-1 KCTD18 gene, 338 Kleefstra syndrome, 133-4 Kleine-Levin syndrome (KLS) diagnostic criteria, 272 ethnicity, 274 events at onset, 274 familial cases, 273 familial issues, 273-4 future research, 275-6 and human leukocyte antigen, 274 - 5monozygotic twin studies, 275 population, 272 twin studies, 274 knockout (KO) mice A_{2A} receptor, 76-7 dopamine active transporter, 141 DP₁ receptor, 76–7 in gene transfer studies, 377-8

Index

knockout (KO) mice (cont.)

L-PGDS, 76-7 Mbnl1, 267 Mbnl2, 267 Ptprd, 343-4 in sleep regulation studies, 76-7 L-PGDS knockout mice, 76-7 larks, vs. owls, 197 late-onset congenital hypoventilation syndrome, 267 laterodorsal tegmental (LDT) nucleus, 66, 248-9 LBX1 gene, 342 learning evaluation, 44-5 mechanisms, 221 rapid eye movement sleep and, 175 reinforcement, pathways, 44 sleep deprivation impacts before, 174-5 learning impairments, molecular pathways, 181-3 Leber's congenital amaurosis, 375 leptin, 92-4 let-7b gene, inhibition, 133 liability threshold model, 5-6 lifespan, evaluation, 44-5 light bright, 353 and circadian entrainment, 167-8 and delayed sleep phase disorder, 331 light sensitivity, 327-32 LIN-42 gene, 57-8 Lingulodinium spp. (dinoflagellates), circadian entrainment, 162-3 linkage, use of term, 2 linkage analysis factors affecting, 4 limitations, 6 model-free, 3-4, 338 multipoint, 3-4 non-parametric, 3-4, 338 parametric, 3 linkage disequilibrium, 165-6 linkage mapping approaches, 2-3 complex phenotypes, 5-6 early studies, 2 familial advanced sleep phase disorder, 4 familial sleep disorders, 4 narcolepsy-cataplexy, 4 procedures, 1-2 restless legs syndrome, 4-5, 337 linkage studies see genetic linkage studies lipid metabolism

roles, 101 and sleep regulation, 96-7 lipid storage droplet 2 (LSD2), 97-8 Drosophila models, 183 lipocalin-type prostaglandin-D synthase (L-PGDS), 75 inhibitors, 77 lithium, 355 loci, human-based studies, 28 locomotor activity, zebrafish, 56-7 locus coeruleus (LC), 66-8 locus coeruleus-norepinephrine (LC-NE) system and arousal control, optogenetic dissection, 68-70 dynamics, 70-1 logarithm of odds (LOD) scores, 14, 280-2, 284-6, 304 determination, 3 values, 3 long non-coding RNAs (lncRNAs) Drosophila studies, 132 mechanisms, 130 roles, 130 long sleepers, 190-1 long-term memory (LTM) consolidation, 211 definition, 208 Drosophila models, 45-6 evaluation, 44-5 and gene transcription, 213 and gene translation, 213 induction, 51 mechanisms, 212 other, 214 see also declarative memory; procedural memory long-term memory storage and sleep, 208-16 future research, 216 long-term potentiation (LTP), 177 *LPAR1* gene, 27, 290–2 Lsd2 gene, 97-8 mutations, 98, 183 lymphoid tissue growth, and pediatric obstructive sleep apnea, 302-3 macrophage migration inhibitory factor (MIF), 307 major depressive disorder (MDD) animal models, 353-4 circadian clock genes and, 353-4 DNA methylation, 134-5 genetics, 26 prevalence, 353 treatment, 353 major histocompatibility complex (MHC) see human leukocyte antigen (HLA)

and sleep, 171, 211-14 and sleep deprivation, 212-13 and slow-wave sleep, 211-12 see also long-term memory storage manic-depressive disorder see bipolar disorder (BPD) Maoa gene, 355 MAP2K5 gene, and restless legs syndrome, 339, 342 MAP2K5/LBXCOR1 gene, 9, 24 Markov models, hidden, 18 maze tasks, 211-12 Mbnl1 knockout mice, 267 Mbnl2 knockout mice, 267 medical disorders, 351-71 medication effects, 375-9 meiosis, and recombination, 2 MEIS1 gene, 9, 24 and restless legs syndrome, 339, 341-2 Meis1 gene, 341-2 melanin-concentrating hormone (MCH), 56, 66 melanopsin, 122 melatonin, 199, 331 and delayed sleep phase disorder, 328, 330-1 and memory consolidation, 214 - 15and Parkinson's disease, 216 sleep induction, 56 memory acquisition, 208 and aging, 214-15 and brain regions, 209 consolidation, 208 retrieval, 208 early studies, 208 evaluation, 44-5 mechanisms, 171 pathways, 44 and plasticity, 50 and sleep early studies, 208 future research, 216 impacts, 208-11 rapid eye movement sleep and, 177-8 sleep and, 45-6, 51, 208-9 sleep deprivation and, 175 slow-wave sleep and, 177-8 stages, 208 storage and sleep, 171, 211-14 and sleep deprivation, 212-13 and slow-wave sleep, 211-12 see also long-term memory storage types of, 208 two-stage model, 209 working, 208

see also declarative memory; emotional memory; long-term memory (LTM); procedural memory; short-term memory Mendelian diseases, 1-2 menstrual-related hypersomnia (MRH), 272-4 mental retardation, 360 metabolic abnormalities, in narcolepsy, 249 dysfunction, in pediatric obstructive sleep apnea, 307 metabolic endocrine system, and sleep regulation, 92-4 genes in sleep regulation, 91-101 future research, 101 transcripts, 94 syndrome, 91 metabolism brain, 231 free fatty acids, 183 hypotheses, early, 91-2 neural, 85 non-metabolic genes and, 99-101 and sleep deprivation, 92 see also energy metabolism enzymes; lipid metabolism metabolism-sleep interactions, 91 metabotropic glutamate receptors (MGluR), activation, 84 methyl-CpG-binding domain (MBD), 128-9 methyl-CpG-binding domain protein 2 (MECP2), 128-9 *N*-methyl-d-aspartate receptors (NMDARs) expression, 154 mechanisms, 150 modulation, 177 roles, 150 methylation, 199 see also DNA hydroxymethylation; DNA methylation MHC see human leukocyte antigen (HLA) mice adenosine, roles, 141-2 alpha-synuclein overexpressing, 358 Btbd9 gene, 343 BXD RI, 108-9, 142 Clock mutant, 100, 354-5 db/db, 93 diversity outbred, 111 and electroencephalograms, 148 GABA receptors, 141 histamine receptors, roles, 141 Huntington's disease studies, 359

leptin deficiency, 93 Mecp2 deficient, 131 Meis1 gene, 341-2 myotonic dystrophy studies, 267 narcolepsy models, 243, 377 non-rapid eye movement, 142 ob/ob, 93 Orexin, 244-6 orexin, roles, 141 outbred strains, 18 Parkinson's disease studies, 358 R6/2, 359 Rai1 mutant, 360 rapid eye movement sleep, 142 reverse genetics, 140 serotonin, roles, 141 sleep deprivation studies, 153-4, 172-3 sleep genetics, 140-2 slow-wave activity, 148-9 strains, sequencing variants, 18 systems genetics studies, 114-15 wheel-running behavior, 321 see also knockout (KO) mice; Mus musculus (house mouse); transgenic mice microarray studies sleep, and gene expression, 142-3 and systems genetics compared, 111-12 wakefulness, 143 microglia roles, 84 somnogenic substances, secretion, 87-8 microRNAs (miRNAs), 130 Drosophila studies, 132-3 and sleep, 133 mid-phase of sleep on free days (MSF), 164 regional differences, 167 migration birds, 98 cognitive function maintenance, 180 miniature excitatory postsynaptic currents (mEPSCs), 221 minisleep (mns) gene, 49 minocycline, roles, 87-8 miR-132 gene, 132-3 miR-138 gene, inhibition, 133 miR-219 gene, expression, 132-3 miRNAs see microRNAs MK-4305 (Suvorexant), 249 Möbius syndrome, 266 model organisms circadian clocks, 162-3 in sleep genetics, 13-19 see also animal models

monozygotic (MZ) twins chronic insomnia studies, 227, 229 diurnal type studies, 34 electroencephalograms, 139-40 heritability, 6, 105-6 insomnia studies, 36 Kleine-Levin syndrome studies, 275 narcolepsy studies, 237 restless legs syndrome studies, 336 sleep genetics, 140 sleep length studies, 34-5 sleep quality studies, 35 variability studies, 33 mood disorders circadian clock genes and, 26, 353-5 etiologies, 355 see also depressive disorders morningness, 23 morningness-eveningness, twin studies, 23, 34 Morningness-Eveningness Questionnaire (MEQ), 197-8 applications, 164 limitations, 198 see also Horne-Östberg Morningness-Eveningness Questionnaire Morris water maze, 174 multiple sclerosis (MS), 262 multiple sleep latency test (MSLT), 236, 267 in symptomatic narcolepsy, 261 multiple sleep-wake traits genetics future trends, 116 systems biology approaches, 104-16 Munich ChronoType Questionnaire (MCTQ), 164, 316 development, 198 diurnal preference studies, 199, 203 familial syndrome studies, 165 Mus musculus (house mouse), 15-16 Mus musculus domesticus (house mouse subspecies), 18 muscle fatigue, and exercise, 219 mushroom bodies (MBs), 45-8 in learning studies, 181 mutagenesis screens, 107-8 myelin oligodendrocyte glycoprotein (MOG), and narcolepsy, 258 myotonic dystrophy (MD), 266-7 nAChRs (nicotinic acetylcholine

receptors), 370–1 Nampt gene, expression, 123

Index

narcolepsy, 235-76 age of onset, 238 animal models, 25, 243, 260, 377 characterization, 235, 243 etiology, 37 familial, prevalence, 235 future research, 237, 257 gene therapy, 375-6 genetic epidemiology, 37 genome-wide association studies, 25, 254-8 Caucasian populations, 255-7 European populations, 257 future research, 258 issues, 257-8 Japanese populations, 254-5 heritability, 254 human, 377 and human leukocyte antigen, 235-9, 254 incidence, 238 and influenza, 238 metabolic abnormalities, 249 murine models, 243, 377 and orexin, 25, 67, 236-7, 242-51, 376 future research, 251 mechanisms, 243-4 and orexin deficiency, 242, 244-9 and orexin neurons, 237 and orexin-A, 244 pathogenesis, 254 pathophysiology, 247-8 prevalence, 243, 260 risk factors, 237 symptoms, 4, 37, 235, 237, 260 triggers, 238 use of term, 235 see also autosomal dominant cerebellar ataxia, deafness and narcolepsy (ADCA-DN); idiopathic narcolepsy; secondary narcolepsy; symptomatic narcolepsy narcolepsy-cataplexy, 1, 4, 260 association studies, 9 definition, 4, 235, 261 genetic epidemiology, 37 genome-wide association studies, 9 linkage mapping, 4 and orexin, 236-7 pathophysiology, 246 treatment, 250 narcoleptoid personality traits, 237 Narp gene, 219-20 natural short sleeper (NSS), 23 Ncor2 gene, roles, 112-14 ncRNAs see non-coding RNAs nematodes

in sleep research, 54-62 see also Caenorhabditis elegans (nematode) neural metabolism, and glia, 85 neurobiological traits, sleep duration as, 192-3 neurodegenerative diseases, 215 dementia associated with, circadian clock genes and, 357-9 diagnostic criteria, 215 gene therapy, 375 neurodevelopmental disorders, etiology, 133-4 neuroglia see glia neuromodulators, signaling, 56 neuromuscular reflexes, and pediatric obstructive sleep apnea, 302 - 4neuromyelitis optica (NMO), 261-2 neuronal per-arnt-sim protein 2 (NPAS2), 99 neuronal replays, and sleep, rodents, 175-6 neurons arousal, optogenetic control of, 66-71 cholinergic, 66, 211-12 dopamine expressing, 48-9 expression, 48 noradrenergic, 141 octopamine expressing, 48 orexin-producing, 242 roles, 104-5 in sleep regulation, 56 in sleep-wake cycles, 66 ventral lateral, 48, 50-1 see also glia; orexin neurons neuropeptide S (NPS), 66-7 neuropeptide Y (NPY), increase, 99 Neurospora crassa (fungus) circadian entrainment studies, 163 frequency gene, 119 neurotransmitters, roles, 140-1 neurotrophins, 84 secretion, 85 NGFI-A gene, expression, 219-20 nicotinamide adenine dinucleotide phosphate (NADPH), 306-7 nicotine, 211-12 nicotinic acetylcholine receptors (nAChRs), 370-1 Niemann-Pick type C (NPC) disease, 265-6 nightmares, twin studies, 38 nitric oxide, secretion, 87-8 NMDARs see N-methyl-d-aspartate receptors nocturnal frontal lobe epilepsy (NFLE), 365-7

seizures, 371 see also autosomal dominant nocturnal frontal lobe epilepsy (ADNFLE) nocturnal paroxysmal dystonia (NPD), 365–7 non-coding RNAs (ncRNAs) and circadian rhythms, 132-3 classification, 130 Drosophila studies, 132 expression, 130, 132 regulation, 127, 129-30 roles, 129-30 see also long non-coding RNAs (lncRNAs) non-declarative memory, 210 non-metabolic genes, 99-101 non-rapid eve movement sleep (NREMS), 66, 85, 93, 133, 199-201 delta waves, 105 induction, 75-6 mice, 142 orexin and, 247 and sleep duration, 190 stages, 104-5, 139, 208-9 and synaptic consolidation, 220 see also slow-wave sleep (SWS) noradrenergic (NA) neurons, lesions, 141 norepinephrine (NE), and arousal, 67 - 8normal sleep electroencephalograms, 34 genetic epidemiology, 34-5, 39 polysomnography, 34 Norrie disease (ND), 266 NOS1 gene, 337-8 Notch gene, signaling, 58 Notch signaling, Drosophila models, 182 - 3NPAS2^{-/-} mice, 99 NPC disease see Niemann-Pick type C disease NPC1 gene, mutations, 265 Nr1d1 gene, activation, 353-4 NR1F2 gene and schizophrenia, 357 inhibition, 353-4 Ntsr1 gene, 114 nucleosomes, 119-21 nucleus accumbens (NAc), shell, 78 ob/ob mice, 93 obesity and obstructive sleep apnea, 26-7 and pediatric obstructive sleep apnea, 307

risk factors, 279–80

Index

single nucleotide polymorphisms, 279-80 susceptibility loci, 287 object recognition tasks, 174 obsessive-compulsive disorder (OCD), prevalence, 355-6 obstructive sleep apnea (OSA), 9-10 African American populations, 284-6 age of onset, 26-7 association studies, 282-4 and body mass index, 284-6, 292 candidate gene studies, 27, 279-96 future research, 296 no associations, 285 results, 286-96 cardiovascular outcomes, 288 Caucasian populations, 284-6 comorbidities, 296 consequences, 279, 291-6 and diabetes type 2, 293 DNA methylation, 134-5 ethnic differences, 279-80 etiology, 26-7, 279 gene therapy, 375 genetic epidemiology, 36-7 genetic linkage studies, 279-96 future research, 296 methodology, 280-2 results, 284-6 summary, 281 genetics, 279 approaches, 280-4 genome-wide association studies, 26 - 7heritability, 279 human susceptibility loci, 290 inherited abnormalities, 292 and obesity, 26-7 phenotypic factors, 27 prevalence, 26-7, 279 risk factors, 26-7, 279-80 severity, 305 symptoms, 26-7, 36-7 treatment, 296 see also pediatric obstructive sleep apnea (POSA) octopamine expressing neurons, 48 olfactory conditioning, Drosophila models, 183 oligodendrocytes roles, 84 somnogenic substances, secretion, 87-8 ONO-4127Na, 77 opioidergic drugs, 335 Opn4 gene, 122 optogenetic control, of arousal neurons, 66-71

optogenetic dissection, and arousal control, 68-70 optogenetic manipulation, of sleep neural circuit, 61 optogenetics actuators, 68 field of study, 68 future research, 71 rodent models, 172-3 orexin, 56-7 and arousal control, optogenetic dissection, 68-70 deficiency, 263 dynamics, 70-1 expression, 57, 66 future research, 251 gene transfer, 378-9 and Huntington's disease, 267-8 and inherited diseases, 266-8 mechanisms, 243-4 mice, 244-6 and myotonic dystrophy, 266 - 7and narcolepsy, 25, 67, 236-7, 242-51, 376 and Niemann-Pick type C disease, 265 - 6and Prader-Willi syndrome, 265 roles, 99, 247-8 mice, 141 in sleep-wake cycles, 107-8 and symptomatic narcolepsy, 261 - 2and wakefulness, 67, 249 orexin neurons, 67, 242, 377-8 connections, 245 efferents, 246-7 localization, 242 and narcolepsy, 237 projections, 376 regulatory mechanisms, 244-6 orexin neuropeptide system, 242 orexin receptor antagonists, 249-50 orexin receptor type 2 (Ox2R), 25 orexin receptors, 242 drugs targeting, 249-50 subtypes, 247-9 orexin-1 (OXR-1) receptor, 242 orexin-2 (OXR-2) receptor, 242 orexin-A, 248, 250 identification, 242 and narcolepsy, 244 orexin-B, 248 identification, 242 orexin/ataxin-3 transgenic mice, 244-6, 250, 378-9 orexinergic activity, in sleep-wake cycles, 247 oscillating genes, 122

oscillators peripheral, 351-3 transcription/translation, 120 OSM-7 gene, 58 OSM-11 gene, 58 outbred strains, 13, 18 owls, vs. larks, 197 oxidative stress, and pediatric obstructive sleep apnea, 306 - 7Oxr-1 gene, 242, 246 expression, 248-9 roles, 249 Oxr-2 gene, 242, 246 expression, 248 mutations, 243 roles, 249 oxytocin, 56 P2RY11 gene, 9, 25, 268 and narcolepsy, 256-7 and symptomatic narcolepsy, 263 P2X7 receptor, 94-6 P2Y11 gene, 243-4 p22phox, 306-7 panic disorder, prevalence, 355-6 parasomnias, 38, 335-44 definition, 37 genetic bases, common, 38-9 genetic epidemiology, 37-9 and nocturnal frontal lobe epilepsy, 366 and rapid eye movement sleep, 38 twin studies, 38-9 Parkinson's disease (PD), 216, 358 paroxysmal arousals (PAs), 365 paroxysmal kinesigenic dyskinesia (PKD), 367 pars intercerebralis, 48 PBX proteins, 341-2 PCEK gene, 290-2 PDE4D gene, 10 Pebp1 gene, roles, 114 pediatric autoimmune neuropsychiatric disorders associated with Streptococcus (PANDAS), 238 pediatric obstructive sleep apnea (POSA), 302 African American populations, 304 anatomical factors, 302-3 Caucasian populations, 304 and cognitive function, 306-7 comorbidities, 305 craniofacial factors, 302-3 epigenetic modifications, 307-8 future research, 308 genetic determinants of end-organ susceptibility, 305-8

Index

pediatric obstructive sleep apnea (POSA) (cont.) genetics, 304-5 and lymphoid tissue growth, 302-3 metabolic dysfunction in, 307 morbidity risks, 307-8 and neuromuscular reflexes, 302-4 and obesity, 307 and oxidative stress, 306-7 pathophysiological mechanisms, 302 - 4risk factors, 304-5 and upper airway inflammation, 302-3 and uric acid, 306 pedigrees, 3 restless legs syndrome, 337-8 studies, 282-4 pedunculopontine nucleus (PPN), 66 pedunculopontine tegmental nucleus (PPT), 246, 248-9 penetrance, 3 pentobarbital, sleep induction, 56 per gene see Period gene PER1 gene, 134-5, 328-9, 351 and Alzheimer's disease, 357-8 and diurnal preferences, 202 expression, 353 polymorphisms, 23 Per1 gene, 22, 119-22, 131, 150, 351 absence of, 153-4 and anxiety disorders, 356 expression, 107, 151-2, 359 inhibition, 353-4 PER2 gene, 134-5, 320 and Alzheimer's disease, 357-8 deregulation, 360 and diurnal preferences, 202 expression, 359 mutations, 319-20 phenotypes, 323 polymorphisms, 23 and seasonal affective disorder, 354 Per2 gene, 4, 22, 119-22, 150, 321-4 absence of, 153-4 binding, 152-3 expression, 107, 151-2, 359 mutations, 23 variants, 123 PER2 transgenic mice, 321-4 circadian phenotypes, 322 PER3 gene, 10, 134-5, 232 and borderline personality disorder, 359-60 and delayed sleep phase disorder, 328-31, 331 deregulation, 360 and diurnal preferences, 200, 202-3

polymorphisms, 23, 154, 194, 202, 329 - 30tandem repeats, 329-30 roles, 154 non-circadian, 202-3 and schizophrenia, 357 and sleep homeostasis, 203 Per3 gene, 22, 119-21 expression, 154 polymorphisms, 107 studies, 26 Period gene, 22, 50, 57-8 mutations, 49, 119 roles, 119 transcription, 122 PERIOD3 gene, 171-2 periodic limb movements (PLMs), 335 gene therapy, 375 in sleep, 339 peripheral blood mononuclear cells (PBMCs), 256-7 oscillators, 351-3 peripheral clocks, 123 personality disorders circadian clock genes and, 359-60 see also borderline personality disorder (BLPD) pharmacology, reverse, 242 phase response curves (PRCs), 328 phosphatidylcholine, biosynthesis, 255 photoperiods, and circadian entrainment, 168 physiological activity, during sleep, 60 - 1piggyBac gene, 49-50 pigment dispersing factor (PDF), 48 Pittsburg Sleep Questionnaire Inventory, 230 plasticity, 50-1 PLEK gene, 27 polysomnography (PSG), normal sleep, 34 population stratification, in genomewide association studies, 8 post-translational modifications (PTMs), histones, 127, 129 post-traumatic stress disorder (PTSD), prevalence, 355-6 Prader-Willi syndrome (PWS) genetics, 263-5 orexin and, 265 and symptomatic narcolepsy, 263-5 symptoms, 133-4, 263-5 pre-miR-182 gene, 134 pregabalin, 335 prepro-orexin gene, 242-3 mutations, 260 primary insomnias, 227-30

genetics, 230 molecular studies, 231-2 vs. psychiatric insomnia, 231 principal components analysis (PCA), applications, 8 prion protein, abnormal, 231 procedural memory, 210 consolidation, 214-15 PROKR2 gene, 353 proopiomelanocortin, 56 prostaglandin D₂ (PGD₂) adenosine system, in human sleep, 78-80 in physiological sleep, 77 receptors, in central nervous system, 75 secretion, 87-8 in sleep induction, 73-6 in sleep regulation, 73-80 early studies, 73-5 future research, 80 synthase, in central nervous system, 75 prostaglandin-D synthase (PGDS) classification, 75 inhibitors, 77 prostaglandins (PGs) biosynthesis, 73-4 discovery, 73 secretion, 85, 87-8 protein kinase A (PKA) activity, 46-8 signaling, 44, 58 protein kinase G (PKG), 98-9 PRP gene, mutations, 231 PRRT2 gene, 367 psychiatric disorders, 351-71 adolescents, and delayed sleep phase disorder, 327-8 circadian clock genes and, 351-60 future research, 360 mechanisms, 359-60 psychiatric insomnia, 229-30 vs. primary insomnias, 231 psychovigilance task, 174-5 psychomotor vigilance tasks (PVTs), 191 variance, 193 PTGER3 gene, 27, 290-2 PTPRD gene, 9, 24-5, 339-41 and restless legs syndrome, 343-4 Ptprd knockout mice, 343-4 PWS see Prader-Willi syndrome quality control, in genome-wide association studies, 8 quantitative trait locus (QTL) analysis

advantages, 110-11

applications, 106-8

Index

definition, 108 early studies, 108 future research, 111 genetic factors, 109-10 in genetic sleep research, 108-11 limitations, 111 sleep genetics, 110 mice, 142 and systems genetics, 111-12 quantitative trait locus (QTL) mapping, 18 approaches, 14 confidence intervals, 14 issues, 17 multiple linked, 15 significance thresholds, 14 R6/2 mice, 359 racial admixtures, effects, 165-6 RAI1 gene mutations, 360 reduced expression, 133-4 Rai1 mutant mice, 360 rapid eye movement (REM), abnormal, 4 rapid eye movement sleep (REMS), 66, 208-9 aging and, 215 characterization, 139 and emotional memory, 211 and learning, 175 and memory consolidation, 177-8 mice, 142 orexin and, 247 and parasomnias, 38 and procedural memory, 210 regulation, 96-7 rodents, 173-4 roles, 220 stages, 104-5 see also non-rapid eye movement sleep (NREMS); REM sleep deprivation (RSD) Rarb gene expression, 109 polymorphisms, 148-9 roles, 109, 142 rats narcolepsy models, 377 outbred strains, 18 sleep deprivation studies, 172-3 Rca1 gene, 50 reciprocal-interaction models, 67 recombinant adeno-associated virus (rAAV), 378-9 congenics, and genetic mapping without genotyping, 16 consomics, and genetic mapping without genotyping, 16

inbred strains (RIs), 15-16 creation, 15 phenotyping, 15 systems genetics studies, 115-16 recombination, 2 recurrent hypersomnia autoimmunity, 275 diagnostic criteria, 272 early studies, 272 ethnicity, 274 events at onset, 274, 276 familial issues, 273-4 future research, 275-6 genetics, 272-6 and human leukocyte antigen, 274-5 population, 272 twin studies, 274 use of term, 272 see also Kleine-Levin syndrome (KLS); menstrual-related hypersomnia (MRH) REM sleep deprivation (RSD), 173-5 replication, in genome-wide association studies, 8-9 resistance to dieldrin (RDL), 48 respiratory disturbance index (RDI), 27 restless legs syndrome (RLS), 1, 4 age differences, 335 and BTBD9 gene, 342-3 candidate gene studies, 339 comorbidities, 335-6 diagnostic criteria, 335 early studies, 335 familial, 336-7 family studies, 335-44 heterogeneity and complexity, 338 French-Canadian populations, 337-9 future research, 344 gene therapy, 375 as genetic disorder, 335-7 genetic epidemiology, 39 genetic linkage studies, 337-9 genome-wide association studies, 9, 24-5, 43, 335-44 characteristics, 340 follow-ups, 341-4 overview, 339-41 heritability, 341 inheritance, 338-9 linkage mapping, 4-5, 337 and MAP2K5 gene, 339, 342 and MEIS1 gene, 339, 341-2 origin of term, 335 over-dominance in, 339 pedigrees, 337-8 prevalence, 335 and PTPRD gene, 343-4

sex differences, 335 and SKOR1 gene, 342 symptoms, 4-5, 335-7 and TOX3 gene, 343 treatment, 335 twin studies, 39, 336 restriction fragment length polymorphisms (RFLPs), 2 retinoic-acid-related orphan receptor response element (RORE) sequences, 121, 123 Rett syndrome, etiology, 133-4 Rev-Erb genes, 123, 150 overexpression, 122 roles, 121 reverse genetics applications, 162 circadian rhythm studies, 119 and forward genetics compared, 107-8 mice, 140 zebrafish, 60 reverse pharmacology, 242 RHO protein, 48 RLS see restless legs syndrome RLS genetic loci, 338-41 RNA editing, 127, 130-1 and circadian rhythms, 133 interference, 59 see also microRNAs (miRNAs); non-coding RNAs (ncRNAs) RNA binding proteins (RBPs), 130 RNA-induced silencing complex (RISC), 130 robust nucleus of arcopallium (RA), and song learning, 178-9 rodent models, 172-3 for cognitive deficits induced by sleep deprivation, 172-8 rodents circadian clock genes, 351 rapid eye movement sleep, 173-4 REM sleep deprivation, 173-4 sleep, and neuronal replays, 175-6 sleep deprivation, and cognition, 174-5 sleep deprivation protocols, 173-4 sleep deprivation studies, cognitive tasks, 174 suprachiasmatic nucleus studies, 151 total sleep deprivation, 173-4 see also mice; rats rolipram, 212-13 Rors gene, 150 roundworms in sleep research, 54-62

Index

roundworms (cont.)

see also Caenorhabditis elegans (nematode) rover gene, 98-9 RPE65 gene, 375 rs1154155, 255-7 rs2305795, 256 rs2858884, 257 rs4804122, 256 rs5770917, 254-5 rutabaga gene, 50, 183 SAM (S-adenosyl methionine), 128-9 sample collection, in genome-wide association studies, 7 SB-408124, 249-50 schizophrenia, 356-7 seasonal affective disorder (SAD), 122 circadian clock genes and, 354 prevalence, 354 symptoms, 354 secondary narcolepsy use of term, 260-1 see also symptomatic narcolepsy seizures, 371 classification, 365 selective serotonin reuptake inhibitors (SSRIs), 353-4 selenium compounds, 77 sensory gating, mechanisms, 58-9 sequencing animal models, 43 and genetic mapping, 18 sequential hypothesis, 177-8 serotonin roles, 106-7 mice, 141 transporter length polymorphism, 232 serum response factor (SRF), 50 sex differences diurnal preferences, 199 restless legs syndrome, 335 Shaker gene, 49 identification, 107-8 mutations, 49-50 sharp-wave ripples (SWRs), 175-6 shibire gene, 46-8 shift work sleep disorder (SWSD), etiology, 327 short sleepers, 190, 190-2 short-term memory definition, 208 Drosophila models, 45, 182 evaluation, 44-5 single cells, clock research, 163 single nucleotide polymorphisms (SNPs), 15-16 adenosine deaminase studies, 80

common, 7 in linkage mapping, 2-3 in obesity, 279-80 single nucleotide variants (SNVs), 254 - 6single-gene approaches, 106-8 Sirt1 gene, expression, 123 SIRT1 protein, roles, 131-2 sitter gene, 98-9 SKOR1 gene, 339 and restless legs syndrome, 342 Skp1–Cullin–F-box (SCF) complex, 121 sleep in $A_{\rm 2A}$ receptor KO mice, 76–7 benefits, 208 characterization, 139 and circadian clock genes, humans, 351-3 circadian regulation, and homeostatic regulation, 147-55 definitional criteria, 43 in DP1 receptor KO mice, 76-7 and emotional salience, 210-11 and epigenetics, 131-3 functions, 50-1, 139 and brain, 219 future research, 61 and synaptic plasticity, 219-20 theories, 85 and gene expression, 142-3 genetic bases linkage and candidate gene studies, 279-96 modeling, 13-19 genetic epidemiology, 33-40 genome-wide association studies, 9 glial roles, early concepts, 84 homeostatic regulation, and circadian regulation, 147 - 55human susceptibility loci, 5 hypotheses, animal models, 91-2 inadequate, 91-3 in L-PGDS KO mice, 76-7 and long-term memory storage, 208 - 16future research, 216 and memory early studies, 208 future research, 216 impacts, 208-11 and memory consolidation, 45-6, 51, 208-9 and memory storage, 171, 211-14 and microRNAs, 133 and neuronal replays, rodents, 175 - 6

physiological, prostaglandin D2 in, physiological activity during, 60-1 physiology, 139-223 and procedural memory, 210 prostaglandin D2-adenosine system in, 78-80 as quantitative trait, 10 spontaneous, 50-1 stages, 104-5, 208-9 studies, behavioral approaches, 54 and synaptic homeostasis, 219-23 synaptic homeostasis theory of, 177 - 8see also normal sleep; rapid eye movement sleep (REMS); slow-wave sleep (SWS) sleep apnea genetics, 26-7 see also obstructive sleep apnea (OSA) sleep architecture, aging and, 214 sleep bruxism, twin studies, 38 sleep deprivation (SD), 50-1 animal models, 211 limitations, 172 bird models, 178 and cognition, rodents, 174-5 cognitive deficits, 171, 193 animal models, 171-84 bird models, 178-80 Drosophila models, 180-4 future research, 184 individual differences, 193 mechanisms, 177-8 rodent models, 172-8 and cognitive tests, 171-2 rodents, 174 and delayed sleep phase disorder, 330 Drosophila models, 181 energy metabolism enzymes and, 94-9 and energy processing organs, 94 and executive functions, 171-2 flies, 97 and gene expression, 153, 219-20 and ghrelin, 92-3 and hormone levels, 92-3 humans, limitations, 172 impacts, before learning, 174-5 and imprinting, 179 individual differences, 171-2 and memory consolidation, 175 and memory storage, 212-13 and metabolism, 92 mice, 153-4 performance impairment, 192 protective mechanisms, 98

Index

protocols, rodents, 173-4 short sleepers, 191 in sleep homeostasis studies, 148-9 and sleep pressure, 151-3 twin studies, 194 see also REM sleep deprivation (RSD); sleep loss; total sleep deprivation (TSD) sleep disorders and abnormal sleep, 35-9 classification, 24, 227-8 as dichotomous traits, 9-10 epigenetics, 127-36 gene therapy, 375-9 genetic bases, linkage and candidate gene studies, 279-96 genetic epidemiology, 33-40 future research, 40 issues, 39-40 genetics, 24-7 future research, 27-8 genome-wide association studies, 9 human susceptibility loci, 5 primary, 4 and sleepiness, 35-9 twin studies, 33 variability, 33 see also circadian rhythm sleep disorders (CRSDs); familial sleep disorders sleep disturbances, caffeine-induced, 107 sleep duration and bipolar disorder, 354 and body mass index, 92 and brain size, 91-2 and diurnal preferences, 199 and cognitive deficits, 191 individual differences, 189-95 issues, 194-5 overview, 190-1 as neurobiological trait, 192-3 sleep enuresis, twin studies, 38 sleep genetics and electroencephalograms, 139-44 future research, 143-4 family studies, 140 humans, 140 mice, 140-2 model organisms, 162-3 overview, 139 quantitative trait locus analysis, 110 mice, 142 Sleep Heart Health Study, 27 sleep history, prior, roles, 191 sleep homeostasis, 66, 70, 105, 327-32, 139 - 223allostatic changes, 191-2 and clock gene mutations, 153-4

Drosophila models, 43-4 dynamics, variations, 149 long sleepers, 190-1 markers, 327-8 heritability, 148-9 mechanisms, 189-90 and PER3 gene, 203 short sleepers, 190-1 and synaptic functions, 149-50 see also synaptic homeostasis hypothesis (SHY) sleep induction mechanisms, 73 prostaglandin D2 in, 73-5 molecular mechanisms, 75-6 sleep intensity, and delta waves, 105 sleep length, 34-5 sleep loss differential vulnerability, 193-4 metabolic cost, 219 responses individual differences, 189-95 future issues, 194-5 see also sleep deprivation (SD) sleep mechanisms, animal models, 43 sleep need, determinants, 220 sleep neural circuit, optogenetic manipulation, 61 sleep patterns, heritability, twin studies, 22 sleep phenotypes complex, 1 family studies, 1 genome-wide association studies, 22 - 8heritability, 1 multiple, 105 twin studies, 1 see also complex phenotypes sleep pressure, 151-3 homeostatic, 327 markers, 149 sleep problems, twin studies, 35-6 sleep quality, twin studies, 35 sleep regulation adenosine in, 77-8, 95, 107 astroglial, 84-8 Drosophila models, 46-9 energy metabolism enzymes and, 94-9 genetics, 43 hypotheses, 91 and lipid metabolism, 96-7 long sleepers, 190 metabolic endocrine system and, 92 - 4metabolic genes in, 91-101 future research, 101

models, 147-8 two-process, 189-90 neurons in, 56 non-metabolic genes and, 99-101 processes, interactions and independence, 151 prostaglandin D2 in, 73-80 future research, 80 short sleepers, 190 see also circadian regulation; homeostatic regulation sleep research animal models, 54-5, 105-6, 172 and memory, 208-9 Caenorhabditis elegans in, 54-62 early, 147 future trends, 116 zebrafish in, 54-62, 184 see also genetic sleep research sleep restriction, protocols, 92 sleep schedules assessment, 316 markers, 149 sleep terrors, twin studies, 37-8 sleep times see sleep duration sleep timing and sleep homeostasis dynamics variations, 149 see also sleep-wake timing sleep-like states, occurrence, 66 sleep-onset rapid eye movement periods (SOREMPs), 263-5 and myotonic dystrophy, 266-7 sleep-related breathing disorders, 279-308 pediatric genomic variants, 302-8 genotype-phenotype interactions, 302 - 8movement disorders, 335-44 sleep-wake cycles and circadian rhythms, 351 determinants, 327 Drosophila models, 43-4 evolutionary conservation, 66 future research, 104 neurons in, 66 orexinergic activity in, 247 reciprocal-interaction models, 67 regulation, 107-8, 351 rodent models, 172-3 single-gene approaches, 107 studies, 104 early, 84 timing, 105 zebrafish, 55-6 sleep-wake differences, transcriptional, 94

More information

Index

sleep-wake disorders epigenetic mechanisms, 134 epigenetics, 133-5 etiology, 133-4 genetic epidemiology, 38 see also circadian rhythm sleep disorders (CRSDs) sleep-wake regulation and energy status, 94 flip-flop model, 231 genes, 22-4 mechanisms, 76 sleep-wake timing abnormal, 327 biological bases, 313 and diurnal preferences, 199-201 preferences, variations, 197 sleep-wake transition disorders see sleep-wake disorders sleepiness daytime, 35 and sleep disorders, 35-9 and tumor necrosis factor-a, 306 see also excessive daytime sleepiness (EDS) sleeping sickness, African, 73-5 sleepless (sss) gene, 49 identification, 107-8 sleeptalking, twin studies, 38 sleepwalking, twin studies, 37 slow-wave activity (SWA), 94-6 analysis, 148 mechanisms, 148 mice, 148-9 regulation, 149 research, 154-5 and sleep duration, 190 slow-wave sleep (SWS), 66, 208-9 and declarative memory, 209-10, 214 and emotional memory, 211 and memory consolidation, 177 - 8and memory storage, 211-12 and procedural memory, 210 reduction, 327-8 see also non-rapid eye movement sleep (NREMS) Smith-Magenis syndrome (SMS) circadian clock genes and, 360 etiology, 133-4 Snap-25 gene, 357 SNPs see single nucleotide polymorphisms social phobias, prevalence, 355-6 soluble N-ethylmaleimide-sensitive fusion protein attachment protein receptor (SNARE) formation, 86

see also dominant-negative soluble N-ethylmaleimide-sensitive fusion protein attachment protein receptor (dnSNARE) somatostatin, and sleep deprivation, 92 - 3somnogenic substances glia, 86 secretion astrocytes, 85-7 microglia, 87–8 oligodendrocytes, 87-8 song learning, 178-9 spaced training protocols, 45-6 spatial maze tests, in sleep deprivation studies, 174 SPATS2L gene, 338 specific phobias, prevalence, 355-6 STAR protein, 48 Starling resistors, upper airways modeling, 303-4 starvation and ghrelin levels, 93-4 and leptin levels, 93-4 and Lsd2 mutants, 98 and waking, 96 Streptococcus spp. (bacteria), 238 succinooxidase, 84 sundowning, symptoms, 357 superoxide dismutase 2 (SOD2), 131 suprachiasmatic nucleus (SCN), 122, 147-8, 211-12 and aging, 214-15 and circadian clocks, 105, 150-1, 198 - 9epigenetic mechanisms, 127 rodent studies, 151 roles, 163 synchronization, 122 Suvorexant (MK-4305), 249 switching, in brainstem, 104-5 symptomatic narcolepsy, 260-8 comorbidities, 268 genetic disorders producing, 260-8 future research, 268 overview, 263-6 see also secondary narcolepsy synaptic consolidation, determinants, 220 synaptic efficacy, markers, 222 synaptic elements, regulators, and clock genes, 154 synaptic functions, and sleep homeostasis, 149-50 synaptic homeostasis, and sleep, 219-23 synaptic homeostasis hypothesis (SHY), 220 synaptic homeostasis theory, of sleep, 177 - 8

synaptic plasticity, and sleep functions, 219-20 synaptic strength and sleep deprivation, 177-8 theory of, 143 synaptic transmission, 46-8 synaptobrevin II, 86 synaptotagmin, 50-1 Synechococcus spp. (cyanobacteria), circadian rhythms, 123 systems biology approaches to genetics of multiple sleep-wake traits, 104-16 future trends, 116 systems genetics advantages, 111-12 applications, 112-14 approaches, 104 to genetic sleep research, 111-12 candidate gene studies, 114 Drosophila spp. studies, 115-16 future research, 116 and microarray studies compared, 111 - 12murine studies, 114-15 T-cell receptor (TCR), and narcolepsy, 255 - 7Tai2 flies, 45-6 TALE homeobox genes, 341-2 targeting induced local lesions in genomes (TILLING), applications, 60 tau mutant hamsters, 121 TCRA gene, 37, 255 and narcolepsy, 255-7 TEF gene, and Parkinson's disease, 358 ten-eleven translocation (TET) family, 128 - 9tetracycline transactivator (tTA), expression, 86 TIM gene, 353 and schizophrenia, 357 tim⁰¹ gene, 43-4 time in bed (TIB), 100-1, 191 time-of-day preferences, 164-5 TIMELESS gene, 26 mutations, 43-4 toll-like receptor 4 (TLR4), 87-8 total sleep deprivation (TSD), 175 TOX3 gene, 24, 341 and restless legs syndrome, 343 TRA@ gene, 25 TRAJ genes, 256 transcription activator-like effector nucleases (TALENs), applications, 60 transcription/translation oscillators, 120

Index

transgenic mice BAC, 321 CSNK1D, 324 orexin/ataxin-3, 244-6, 250, 378-9 PER2, 321-4 transmission disequilibrium test (TDT), 337-8 TRAV genes, 256 TRIB1 gene, 100-1 tribbles homolog 1 (TRIB1), roles, 100 - 1tribbles homolog 2 (TRIB2), 237 identification, 237-8 roles, 243-4 Trypanosoma brucei (protozoan), 73-5 tuberomammilary nucleus (TMN), 66 tumor necrosis factor-a (TNF-a) and obstructive sleep apnea, 287-90 secretion, 85 and sleepiness, 306 twin studies chronic insomnia, 227, 229 circadian entrainment, 164-5 diurnal type, 34 electroencephalograms, 139-40 heritability, 6, 105-6 insomnias, 25-6, 36 morningness-eveningness, 23, 34 nightmares, 38 parasomnias, 38-9 recurrent hypersomnia, 274 restless legs syndrome, 39, 336 short sleepers, 192 sleep bruxism, 38 deprivation, 194

disorders, 33 enuresis, 38 genetics, 140 length, 34-5 patterns, heritability, 22 phenotypes, 1 problems, 35-6 quality, 35 terrors, 37-8 sleeptalking, 38 sleepwalking, 37 see also dizygotic (DZ) twins; monozygotic (MZ) twins tyrosine hydroxylase, 56 upper airway inflammation, and pediatric obstructive sleep apnea, 302-3 upper airways, modeling, 303-4 upstream activation sequence (UAS), 46, 48 uric acid, and pediatric obstructive sleep apnea, 306 use-dependency hypothesis, 94 variable-number tandem repeats (VNTRs), 165 in linkage mapping, 2-3 polymorphisms, 23, 329-31 primate-specific, 202 vasodilatory substances, 73 vasopressin, 56 ventral lateral neurons (LNvs), 48, 50-1 ventrolateral preoptic nucleus

(VLPO)

neurons, 75-6, 107

signaling, 104-5 viral vectors, 375 wakefulness, 66 activation, 66-7 caffeine and, 78 maintenance, 44 microarray studies, 143 and orexin, 67, 249 prolonged, 143 waking promotion, 104-5 spontaneous, 50-1 and starvation, 96 wheel-running behavior, mice, 321 working memory, definition, 208 X chromosome inactivation (XCI), 127 - 8Xenopus laevis (African clawed frog), meis1 gene, 341-2 zebrafish genetic screens, 60 locomotor activity, 56-7 melatonin, 214-15 reverse genetic approaches, 60 in sleep research, 54-62 sleep-wake cycles, 55-6 see also Danio rerio (zebrafish) zeitgebers, 164-5 early, 162 universal, 162-3

zeitnehmer loops, 163

zinc finger nuclease (ZFN), 60

399