Biological Psychology

Hormones
Pineal Gland
- Produces Melatonin.
- The pineal gland begins producing melatonin in the evening.
- Melatonin levels peak in the middle of the night.
- Melatonin levels decline to low daytime amounts.

Control of Hormone Release

Hypothalamus – Located at the base of the brain.

Hypothalamic Nuclei synthesise Hypothalamic Releasing Hormones that either stimulate or inhibit hormone release from the pituitary gland.