- Mostly acetylcholine neurons that turn on other act. neurons
- Acetylcholine is very active in dreaming

- **3rd cranial nerve moves muscles of the eye**
  - Eye movement is caused by the second group, the disturbance of nearby movements
  - Twitches of the eye
  - Activated occipital lobe causes visualization in dreams

- **Amines (Norepinephrine) take you out of REM; Acetylcholine takes you INTO REM.**

- While awake, acteylcholine is active (like during the day)
  - Then you lay down and fall asleep; when you fall asleep and go to slow wave sleep (you aren’t thinking)

- Aminergic neurons very active (norepinephrine, serotonin, dopamine) these take you into slow wave sleep
  - Aminergic inhibition goes down and cholinergic excitation goes up for REM
  - Dreaming thought is very illogical
  - Dreaming in slow wave sleep tends to be thoughts that are more logical
  - Movements are involuntary

- Transitioning - CNS trying to get everything to happen at the right time and sometimes it doesn’t