- Mostly acetylcholine neurons that turn on other act. neurons
- Acetycholine 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
 - \circ $\,$ Aminergic inhibition goes down and cholinergic excitation goes up for REM $\,$
 - o Dreaming thought is very illogical
 - \circ $\;$ Dreaming in slow wave sleep tends to be thoughts that are more logical
 - o Movements are involuntary
 - o Episodic movement
- Transitioning CNS trying to get everything to happen at the right time and sometimes it doesn't