Special Issue

Seven Decades of REM Sleep Discovery

Message from the Guest Editors

Sleep has been divided into rapid eye movement (REM) sleep and non-REM sleep. The REM sleep is unique in the sense that, although one remains behaviourally asleep, the brain expresses electrophysiological signals comparable to waking. This unique state of REM sleep does not have a voluntary control. Consistent and significant efforts have been made to understand the biology, neural regulation, and functions of REM sleep. REM sleep is an autonomically regulated, instinct behaviour; it is affected in almost all diseases, its loss affects almost all physiological processes, and its sustained loss often become fatal. Notwithstanding, our understanding about REM sleep is far from satisfactory. During REM sleep, as the brain appears to remain awake during behavioural deep sleep, a detailed understanding of neural and other regulation of REM sleep might facilitate our understanding of consciousness. Hence, in response to the significant interest, we produce a dedicated volume dealing with review of advances in the knowledge of REM sleep in the past seven decades, present knowledge as well as challenges and way forward.

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