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Chronic Stress-Induced Heightened Wakefulness is Modulated by a Paraventricular Thalamus to Central Amygdala Neuronal Pathway

Madelline Garcian*

Department of Animal Physiology, College of Colchester, United Kingdom

Abstract

Survival requires increased wakefulness in reaction to stimuli, but this can also result in sleep disorders like insomnia. Both a crucial thalamic area for wakefulness and a stress-sensitive portion of the brain is the paraventricular thalamus (PVT). It is yet uncertain, nevertheless, whether the PVT and its neuronal circuitries play a role in regulating wakefulness under stressful circumstances. Here, we discover that various stresses activate PVT neurons that transmit to the central amygdala (CeA).

***Corresponding author:** Madelline Garcia, Department of Animal Physiology, College of Colchester, United Kingdom, E-mail: MadellineGarcian@gmail.com

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