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Why do we need to sleep? For those of who pass nights staring at the ceiling, the question is beside the point. In fact, we are all sleeping less, and worse, than ever. Despite For those of who pass nights staring at the ceiling, the question is beside the point.

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It's as if your body and mind are confused--half of your brain may be telling you that it is time to catch up on lost sleep, but the other half is insisting that it's daytime and you should not sleep. You may resolve to push on and reach for a strong cup of coffee or energy drink to stamp out the urge to sleep or try to get back into your regular

routine as quickly as possible. A brain on
Human Circadian Timing System and Sleep-Wake Regulation

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(B) Original recordings of I_{Kr} tail currents during the first and tenth pulse after 5-min pause at 75 mV with concurrent washout of H 345/52 (50 nM). Scaling as in (A) same cell as in (A). Scaling as in (A) same cell as in (A).