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Article

June 1970

Acute Reversal of the Sleep-Waking Cycle in Man
Effect on Sleep Stage Patterns

Elliot D. Weitzman, MD; Daniel F. Kripke, MD; Donald Goldmacher, MD; et al

» Author Affiliations

Arch Neurol. 1970;22(6):483-

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Mischaracterization of Spaceflight-Associated Neuro-Ocular Syndrome—Reply
August 12, 2019

Brief Report

Role of Population Receptive Field Size in Complex Visual Dysfunctions

489. doi:10.1001/arch-neur.1970.00480240003001



Abstract

PAST studies of the sleep-waking circadian cycle in man emphasized the temporal relationship to other rhythmic physiological and chemical functions.¹ It was implicitly assumed in these studies that sleep is a unitary process. Recent evidence, however, clearly indicates that sleep is composed of recurring short-term physiologic events.^{2,3} In man, during each daily sleep period, a consistent sequence of sleep patterns occurs, characterized by four or five recurrent 90-minute cycles. Future studies of circadian phase relationships between sleep and physiologic variables should take into account the qualitative and quantitative differences between

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sleep stage patterns. We have begun to study the time relation of sleep stages and neuroendocrine processes.⁴ The method of cycle phase shift of 180° (sleep-waking cycle inversion) has been used in man.⁵⁻⁸ This report describes the changes in sleep pattern when normal young adults were subjected to an acute inversion of sleep-waking cycles in

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