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Exploring the relationships of gamma-hydroxybutyrate and sleep on metabolism, physiology, and behavior in humans

Pardi, D.J.

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Author: Pardi, D.J.

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Stellingen behorend bij proefschrift getiteld 'Exploring the Relationships of gamma Hydroxybutyrate and Sleep on Metabolism, Physiology, and Behavior in Humans.'

1. Sodium oxybate modulates sleep and wakefulness in patients with narcolepsy (this thesis).
2. Sodium oxybate modulates sleep and wakefulness in patients with Parkinson's disease (this thesis).
3. A single night of sleep deprivation impacts food intake in healthy humans (this thesis).
4. Pharmaceutical sodium oxybate (Xyrem) associates with less abuse potential than illicit GHB (this thesis).
5. At certain doses, gamma-hydroxybutyrate promotes prosocial and pro-sexual behavior in humans (Oliver G. Bosch et al., <https://doi.org/10.1016/j.psyneuen.2015.07.167>)
6. Sodium oxybate has potential to be a meaningful therapy for the prevention and treatment of Alzheimer's disease (Christian Klein et al., 2016. <https://doi.org/10.1016/j.neurobiolaging.2014.10.003>)
7. Sleep deprivation promotes unstable attention and focus performance (Namni Goel, 2009. doi: 10.1055/s-0029-1237117)
8. Sleep loss increases hedonic responsivity for rewarding stimuli (Stephanie M. Greer et al., <https://doi.org/10.1038/ncomms3259>)
9. Humans need thorough training and technology to be healthy in the modern world.
10. The next major step-function improvement in human health will come from the field of aging science.