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## Sleep and circadian rhythms: the effects of ketamine, caffeine and anthracyclines

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## **Sleep and circadian rhythms**

### **The effects of ketamine, caffeine and anthracyclines**

1. Caffeine increases waking for only a few hours, but enhances brain activity for more than one day.

This thesis
2. The similar effects of ketamine and sleep deprivation can guide new avenues toward treatment of depression.

This thesis
3. Chemotherapy-induced fatigue does not disrupt the sleep-wake rhythm, it disrupts the circadian clock-controlled behavior.

This thesis
4. Doxorubicin-induced fatigue is associated with an internal misalignment between the SCN master clock and peripheral SCN areas.

This thesis
5. By definition every organism has a time sense, and everything that has a time sense is an organism.

Oliver L. Reiser, 1934
6. Timing matters in medical treatments, your circadian rhythm influences how well treatments work and how much they might harm you.
7. Chronotherapy is an underestimated approach.

Francis Lévi, 2010
8. During sleep, the brain reorganizes and recharges itself.

Eugene and Masiak, 2015
9. Sleep is the price the brain must pay for being awake.
10. Artificial intelligence, like DALL·E is a very handy tool as demonstrated by this thesis.
11. Love makes us see ordinary things in an extraordinary way.
12. In life, the truth, is both a beautiful and terrible thing, and should therefore be treated with great caution.