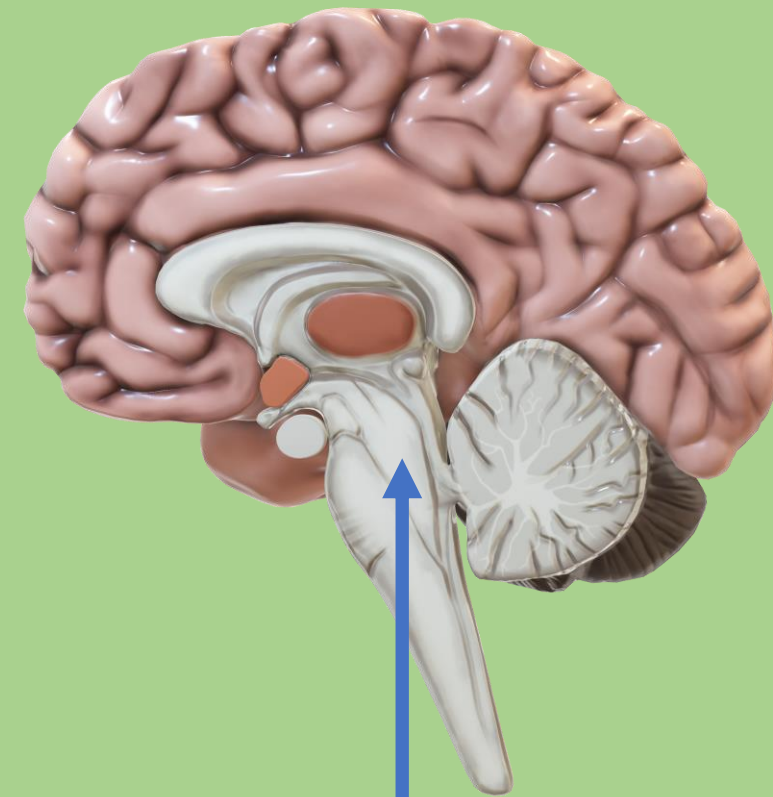


Because of the varieties of domains involved with the RF, it is believed that alterations or damage to this area can affect emotion.

The RF controls cortical excitability in typical contexts such as the sleep/wake cycle, as well as in diseases and disorders such as epilepsy.



The neurons of the reticular formation cover half the brainstem and carry messages between the brain and the spinal cord.

The Reticular Formation

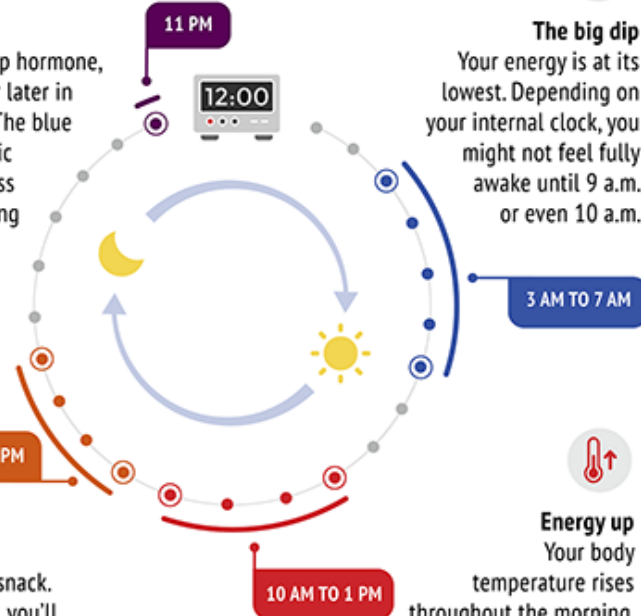
Faraguna, U., Ferrucci, M., Giorgi, F. S., & Fornai, F. (2019). Editorial: The functional anatomy of the reticular formation. *Frontiers in Neuroanatomy*, 13. <https://doi.org/10.3389/fnana.2019.00055>

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AVERAGE TEEN CIRCADIAN CYCLE



Getting sleepy
Melatonin, the sleep hormone, rises about an hour later in teens than adults. The blue light from electronic devices can suppress melatonin, disrupting your sleep.



Afternoon slump
You feel blah, and you might crave a snack. In your adult years, you'll see this energy dip earlier, from 1 to 3 p.m.



Energy up
Your body temperature rises throughout the morning, so your alertness and sharpness increase.



The big dip
Your energy is at its lowest. Depending on your internal clock, you might not feel fully awake until 9 a.m. or even 10 a.m.