Scientists are rethinking our understanding of the science behind sleep and insomnia.  

**The Brain Has Two Systems for Regulating Sleep.**

One helps you to sleep, the other helps to keep you awake.  
When one system is turned on, typically the other is turned off.  

There are neurotransmitters in these two systems which control whether you are **Awake** or **Asleep**.

**During the day, the Wake System is more active.**

**The Wake System is supposed to slow down at night to allow you to sleep.**

However in some people, the wake system in the brain remains active at night which can contribute to insomnia.

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