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Abstract

Sleep is a physiological condition characterized by a reversible behavioral state with changes in the level of awareness and responsiveness to stimuli and plays a fundamental role related to electrophysiological, neurochemical, anatomical and functional changes of the brain. It is controlled by chronobiological and homeostatic plá

try to keep a regular sleep-wake cycle, to fulfill social demands and to satisfy their sleep necessities [34,35].

Two major health problems can be associated with sleep deprivation. Sleep deprivation and epilepsy have a complex bidirectional relationship because lack of sleep can increase the

