



Human Genetics Patterns: Bond for Day and Night Sleep Performance

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Abstract

Sleep remains one of the supreme mysteries in science. In the history few years, great advances have been made to healthier realize this happening. Human genetics has contributed appreciably to this faction, as many features of sleep have been found to be inborn. Discoveries about these genetic variations that affect human sleep will assist us in understanding the underlying mechanism of sleep. Here we recapitulate latest discoveries about the genetic variations affecting the timing and duration of sleep, EEG patterns. To wrap up, Author also discusses some of the sleep-related neurological disorders such as Autism Spectrum Disorder and Alzheimer's disease. The potential challenges and future directions of human genetics in sleep research.

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