



# The Neural Control of Sleep and Waking

*Jerome Siegel*

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## **The Neural Control of Sleep and Waking** Jerome Siegel

My first contact with “the other” Jerome Siegel came in 1973, when I moved to Los Angeles to do postdoctoral work at UCLA. My thesis work had been listed in a nationally available posting without any address. The Brain Information Service, thinking they knew where I was, listed “the other” Jerome Siegel’s Delaware address for reprint requests. I soon received a letter from Jerry along with the requests he had received and we have remained in contact ever since. I am occasionally reminded of my namesake when I meet a new colleague who is impressed that someone “so young” published a paper in *Science* in 1965 (one year out of high school, if it had been me). I entered the field in the early 1970s just as he left. My interests in REM sleep and brainstem mechanisms have been eerily similar to his (and he also did postdoctoral work at UCLA), so our research contributions can be distinguished easily only by my use of my middle initial (which has occasionally been omitted from my publications). So, my namesake and I both have an interest in seeing to it that no one “brings shame to the name.” The current work certainly fulfills that dictum. This is a very unusual book, both in its scope and in its approach to the material.

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