The hormonal secretions of the pineal gland play an essential role in regulating the psychological and autonomic lives of the organism, for 24 hours. As we will see later, indeed, the three hormones secreted by the pineal gland for 8 hours will regulate the life of the organism for 24 hours.

The discovery of the Sleep–Wake system constitutes a considerable advance, not only in terms of physiology and pharmacology, but especially by virtue of its immediate therapeutic applications, in particular for the treatment of neurological disorders.

At 22h the onset of pineal secretion can be regarded as the first impetus, “primum movens,” in the progression of the nychthemeral cycle.