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Studies on sleep patterns and sleep homeostasis in birds

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Stellingen

Behorende bij het proefschrift

Studies on sleep patterns and sleep homeostasis in birds An Ecological Approach

by

Sjoerd J. van Hasselt

1. Mammalian-based sleep knowledge should not be extrapolated to other organisms outside the mammalian class (**this thesis**).
2. The low amount of REM sleep in starlings questions the necessity of this brain state (**chapter 3 and 4**).
3. Sleep should be studied in a natural environment where it evolved for truly understanding the function and evolution of sleep (**chapter 4, 5 and 6**).
4. In stark contrast to the experimenter, barnacle geese have no necessity to recover sleep after sleep loss in winter (**chapter 5**).
5. Technological advancements are crucial for bringing (sleep) research to the next level (**this thesis**).
6. Reduced sleep in wildlife is a sensitive read-out of light-pollution in urban areas (**chapter 6**).
7. The shoreline in the high-Arctic is littered with waste and shows that human-caused pollution easily reaches the far end of the world (**own observation**).
8. "Als het niet gaat zoals het moet, dan moet het maar zoals het gaat" (vanuit het Fries vertaald: "At it net kin sa't it moat, dan moat it mar sa't it kin").

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