Bibliografia in riferimento all'articolo:

Come il respiro modula la coscienza e stati non ordinari di coscienza

1. Arduini, A., & Moruzzi, G. (1953). Olfactory arousal reactions in the" cerveau isolé" cat. *Electroencephalography & Clinical Neurophysiology.*
2. Balaji, P. A., Varne, S. R., & Ali, S. S. (2012). Physiological effects of yogic practices and transcendental meditation in health and disease. *North American journal of medical sciences*, *4*(10), 442.
3. Betka, S., Adler, D., Similowski, T., & Blanke, O. (2022). Breathing control, brain, and bodily self-consciousness: toward immersive digiceuticals to alleviate respiratory suffering. *Biological Psychology*, *171*, 108329.
4. Birdee, G., Nelson, K., Wallston, K., Nian, H., Diedrich, A., Paranjape, S., ... & Gamboa, A. (2023). Slow breathing for reducing stress: The effect of extending exhale. *Complementary Therapies in Medicine*, *73*, 102937.
5. Biskamp, J., Bartos, M., & Sauer, J. F. (2017). Organization of prefrontal network activity by respiration-related oscillations. *Scientific reports*, *7*(1), 45508.
6. Brewer, J. A., Worhunsky, P. D., Gray, J. R., Tang, Y. Y., Weber, J., & Kober, H. (2011). Meditation experience is associated with differences in default mode network activity and connectivity. *Proceedings of the National Academy of Sciences*, *108*(50), 20254-20259.
7. Brown, R. P., & Gerbarg, P. L. (2009). Yoga breathing, meditation, and longevity. *Annals of the New York Academy of Sciences*, *1172*(1), 54-62.
8. Campanelli, S., Tort, A. B. L., & Lobão-Soares, B. (2020). Pranayamas and their neurophysiological effects. *International Journal of Yoga*, *13*(3), 183.
9. Fincham, G. W., Strauss, C., Montero-Marin, J., & Cavanagh, K. (2023). Effect of breathwork on stress and mental health: A meta-analysis of randomised-controlled trials. *Scientific Reports*, *13*(1), 432.
10. Fontanini, A., & Bower, J. M. (2006). Slow-waves in the olfactory system: an olfactory perspective on cortical rhythms. *Trends in neurosciences*, *29*(8), 429-437.
11. Fontanini, A., Spano, P., & Bower, J. M. (2003). Ketamine-xylazine-induced slow (< 1.5 Hz) oscillations in the rat piriform (olfactory) cortex are functionally correlated with respiration. *Journal of Neuroscience*, *23*(22), 7993-8001.
12. García-Cordero, I., Esteves, S., Mikulan, E. P., Hesse, E., Baglivo, F. H., Silva, W., ... & Sedeño, L. (2017). Attention, in and out: scalp-level and intracranial EEG correlates of interoception and exteroception. *Frontiers in neuroscience*, *11*, 411.
13. Gibson, J. (2019). Mindfulness, interoception, and the body: A contemporary

perspective. *Frontiers in psychology*, *10*, 2012.

14. Gonzalez, J., Torterolo, P., & Tort, A. B. (2023). Mechanisms and functions of respiration-driven gamma oscillations in the primary olfactory cortex. *Elife*, *12*, e83044.
15. Grosmaitre, X., Santarelli, L. C., Tan, J., Luo, M., & Ma, M. (2007). Dual functions of mammalian olfactory sensory neurons as odor detectors and mechanical sensors. *Nature neuroscience*, *10*(3), 348-354.
16. Hobson, J. A. (1967). Respiration and EEG synchronization in the frog. *Nature*.
17. Ito, J., Roy, S., Liu, Y., Cao, Y., Fletcher, M., Lu, L., ... & Heck, D. H. (2014). Whisker barrel cortex delta oscillations and gamma power in the awake mouse are linked to respiration. *Nature communications*, *5*(1), 3572.
18. Jayawardena, R., Ranasinghe, P., Ranawaka, H., Gamage, N., Dissanayake, D., & Misra, A. (2020). Exploring the therapeutic benefits of pranayama (yogic breathing): a systematic review. *International journal of yoga*, *13*(2), 99.
19. Jayawardena, R., Ranasinghe, P., Ranawaka, H., Gamage, N., Dissanayake, D., & Misra, A. (2020). Exploring the Therapeutic Benefits of Pranayama (Yogic Breathing): A Systematic Review. *International journal of yoga*, *13*(2), 99–110.
20. Jerath, R., Edry, J. W., Barnes, V. A., & Jerath, V. (2006). Physiology of long pranayamic breathing: neural respiratory elements may provide a mechanism that explains how slow deep breathing shifts the autonomic nervous system. *Medical hypotheses*, *67*(3), 566-571.
21. Kamiński, M., Blinowska, K., & Szelenberger, W. (1997). Topographic analysis of coherence and propagation of EEG activity during sleep and wakefulness. *Electroencephalography and clinical neurophysiology*, *102*(3), 216-227.
22. Khalsa, S. S., Adolphs, R., Cameron, O. G., Critchley, H. D., Davenport, P. W., Feinstein, J. S., ... & Zucker, N. (2018). Interoception and mental health: a roadmap. *Biological psychiatry: cognitive neuroscience and neuroimaging*, *3*(6), 501-513.
23. Kleint, N. I., Wittchen, H. U., & Lueken, U. (2015). Probing the interoceptive network by listening to heartbeats: an fMRI study. *PloS one*, *10*(7), e0133164.
24. Kuppusamy, M., Kamaldeen, D., Pitani, R., Amaldas, J., & Shanmugam, P. (2017). Effects of *Bhramari Pranayama* on health - A systematic review. *Journal of traditional and complementary medicine*, *8*(1), 11–16
25. Lockmann, A. L., Laplagne, D. A., Leao, R. N., & Tort, A. B. (2016). A respiration-coupled rhythm in the rat hippocampus independent of theta and slow oscillations. *Journal of Neuroscience*, *36*(19), 5338-5352.
26. Moberly, A. H., Schreck, M., Bhattarai, J. P., Zweifel, L. S., Luo, W., & Ma, M. (2018). Olfactory inputs modulate respiration-related rhythmic activity in the prefrontal cortex and

freezing behavior. *Nature communications*, *9*(1), 1528.

27. Novaes, M. M., Palhano-Fontes, F., Onias, H., Andrade, K. C., Lobão-Soares, B., Arruda-Sanchez, T., ... & de Araujo, D. B. (2020). Effects of yoga respiratory practice (Bhastrika pranayama) on anxiety, affect, and brain functional connectivity and activity: a randomized controlled trial. *Frontiers in psychiatry*, *11*, 467.
28. Panda, R., Bharath, R. D., Upadhyay, N., Mangalore, S., Chennu, S., & Rao, S. L. (2016). Temporal dynamics of the default mode network characterize meditation-induced alterations in consciousness. *Frontiers in human neuroscience*, *10*, 372.
29. Pekala, R. J. (1991). The phenomenology of consciousness inventory. In *Quantifying consciousness: An empirical approach* (pp. 127-143). Boston, MA: Springer US.
30. Piarulli, A., Zaccaro, A., Laurino, M., Menicucci, D., De Vito, A., Bruschini, L., ... & Gemignani, A. (2018). Ultra-slow mechanical stimulation of olfactory epithelium modulates consciousness by slowing cerebral rhythms in humans. *Scientific reports*, *8*(1), 6581.
31. Rocha, K. K. F., Ribeiro, A. M., Rocha, K. C. F., Sousa, M. D., Albuquerque, F. S., Ribeiro, S., & Silva, R. H. (2012). Improvement in physiological and psychological parameters after 6 months of yoga practice. *Consciousness and cognition*, *21*(2), 843-850.
32. Schulz, A., & Vögele, C. (2015). Interoception and stress. *Frontiers in psychology*, *6*, 993.
33. Sengupta P. (2012). Health Impacts of Yoga and Pranayama: A State-of-the-Art Review. *International journal of preventive medicine*, *3*(7), 444–458
34. Sharma, V. K., Rajajeyakumar, M., Velkumary, S., Subramanian, S. K., Bhavanani, A. B., Sahai, A., & Thangavel, D. (2014). Effect of fast and slow pranayama practice on cognitive functions in healthy volunteers. *Journal of clinical and diagnostic research: JCDR*, *8*(1), 10.
35. Sheikhbahaei, S., & Smith, J. C. (2017). Breathing to inspire and arouse. *science*, *355*(6332), 1370-1371.
36. Tort, A. B., Brankačk, J., & Draguhn, A. (2018). Respiration-entrained brain rhythms are global but often overlooked. *Trends in neurosciences*, *41*(4), 186-197.
37. Yackle, K., Schwarz, L. A., Kam, K., Sorokin, J. M., Huguenard, J. R., Feldman, J. L., ... & Krasnow, M. A. (2017). Breathing control center neurons that promote arousal in mice. *Science*, *355*(6332), 1411-1415.
38. Yanovsky, Y., Ciatipis, M., Draguhn, A., Tort, A. B., & Brankačk, J. (2014). Slow oscillations in the mouse hippocampus entrained by nasal respiration. *Journal of Neuroscience*, *34*(17), 5949-5964.
39. Zaccaro, A., Piarulli, A., Laurino, M., Garbella, E., Menicucci, D., Neri, B., & Gemignani, A. (2018). How breath-control can change your life: a systematic review on psycho-physiological correlates of slow breathing. *Frontiers in human neuroscience*, 353.

40. Zaccaro, A., Piarulli, A., Melosini, L., Menicucci, D., & Gemignani, A. (2022). Neural correlates of non-ordinary states of consciousness in pranayama practitioners: the role of slow nasal breathing. *Frontiers in Systems Neuroscience*, *16*, 803904.
41. Zelano, C., Jiang, H., Zhou, G., Arora, N., Schuele, S., Rosenow, J., & Gottfried, J. A. (2016). Nasal respiration entrains human limbic oscillations and modulates cognitive function. *Journal of Neuroscience*, *36*(49), 12448-12467.
42. Zhong, W., Ciatipis, M., Wolfenstetter, T., Jessberger, J., Müller, C., Ponsel, S., ... & Draguhn, A. (2017). Selective entrainment of gamma subbands by different slow network oscillations. *Proceedings of the National Academy of Sciences*, *114*(17), 4519-4524.