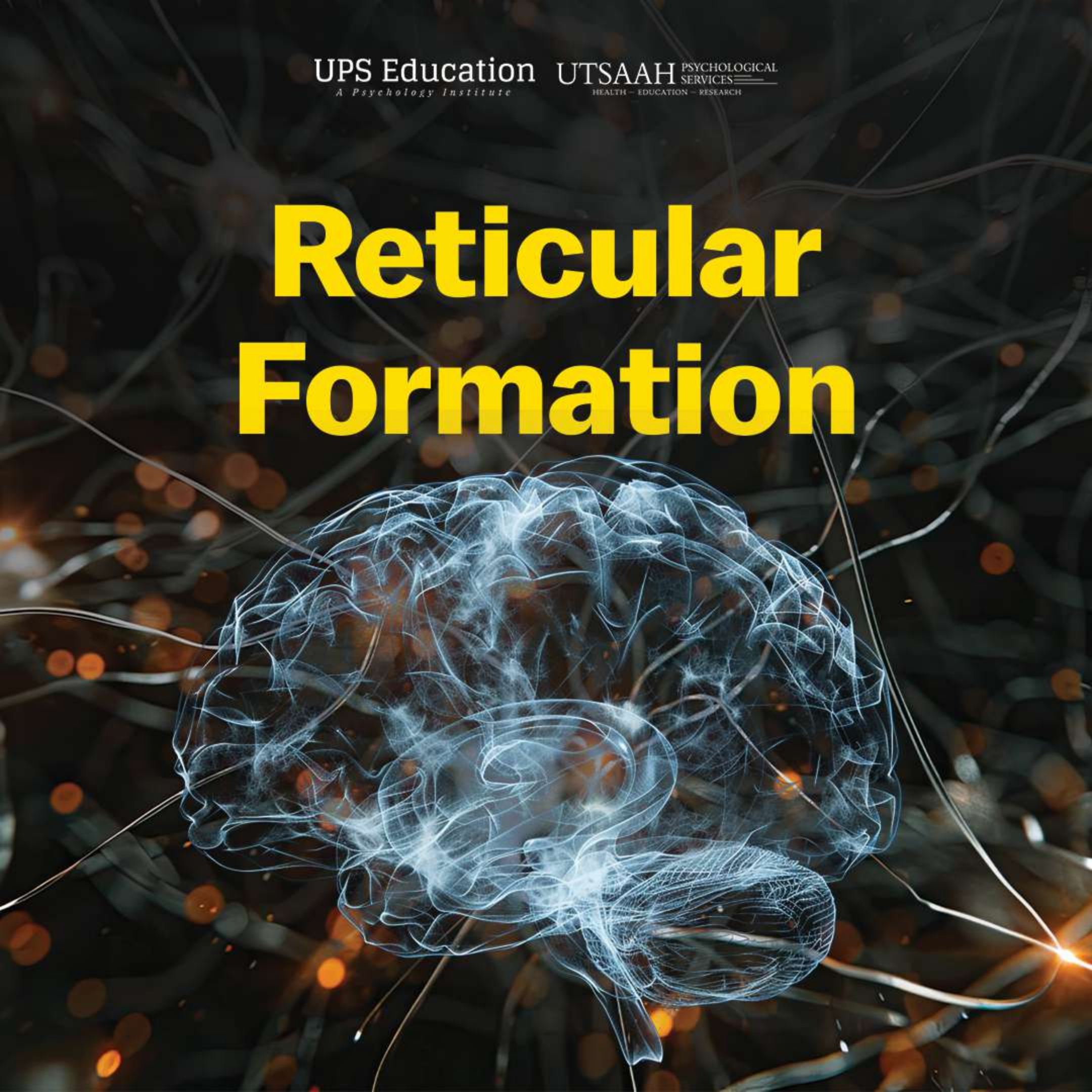
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# Reticular Formation



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**The reticular formation (RF) is a crucial network of neurons located in the brainstem, specifically through the medulla and pons. This system plays a key role in regulating alertness, attention, and arousal. It helps individuals focus on important information while filtering out constant, unchanging stimuli, such as background noise from an air conditioner.**

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**A critical component of the RF is the reticular activating system (RAS), which is responsible for keeping the brain awake and responsive. The RAS helps maintain attention and can quickly alert a person to significant changes in their environment, such as a sudden noise or a baby's cry during sleep.**

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**The RF's functionality is essential for normal wakefulness and attention. Damage to this area can lead to severe consequences, including a persistent coma, as the RF is integral to maintaining consciousness. Additionally, research has linked the RF and RAS to attention-deficit/hyperactivity disorder (ADHD), highlighting their importance in regulating attention.**

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