

PINEAL

Meaning: PINEAL (adjective): Relating to the pineal gland, a small endocrine gland in the brain that produces melatonin and is involved in regulating sleep and circadian rhythms.

1. The pineal gland is often referred to as the "third eye" due to its role in regulating sleep patterns.
2. Melatonin, a hormone produced by the pineal, helps to control our circadian rhythms.
3. In ancient cultures, the pineal was thought to be the seat of the soul and the center of spiritual insight.
4. Scientists are still exploring the many functions of the pineal gland beyond its well-known role in sleep.
5. Some researchers believe that the pineal may be involved in the process of dreaming and consciousness.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/pineal>