Supplementary Video Legends

Supplementary Video 1. Optogenetic activation of GABA$^{POA→TMN}$ neurons promotes sleep. The movie shows 2 laser stimulation trials, including 30 s before and after each laser stimulation period. The EEG spectrogram, EMG trace and color-coded hypnogram are shown on the right. Laser stimulation periods are depicted by the blue bar on the top right and additionally indicated as a blue square in the upper right corner of the movie frame. The movie is shown at 8× the original speed.

Supplementary Video 2. Optogenetic activation of GABA^{POA} neurons promotes wakefulness. The movie shows 2 laser stimulation trials, including 30 s before and 60 s after each laser stimulation period. The movie is shown at 8× the original speed.

Supplementary Video 3. Optogenetic activation of CCK neurons in the POA promotes sleep. The movie shows 2 laser stimulation trials, including 30 s before and after each laser stimulation period. The movie is shown at 8× the original speed.