

1    **Altered hippocampal transcriptome dynamics following sleep deprivation**

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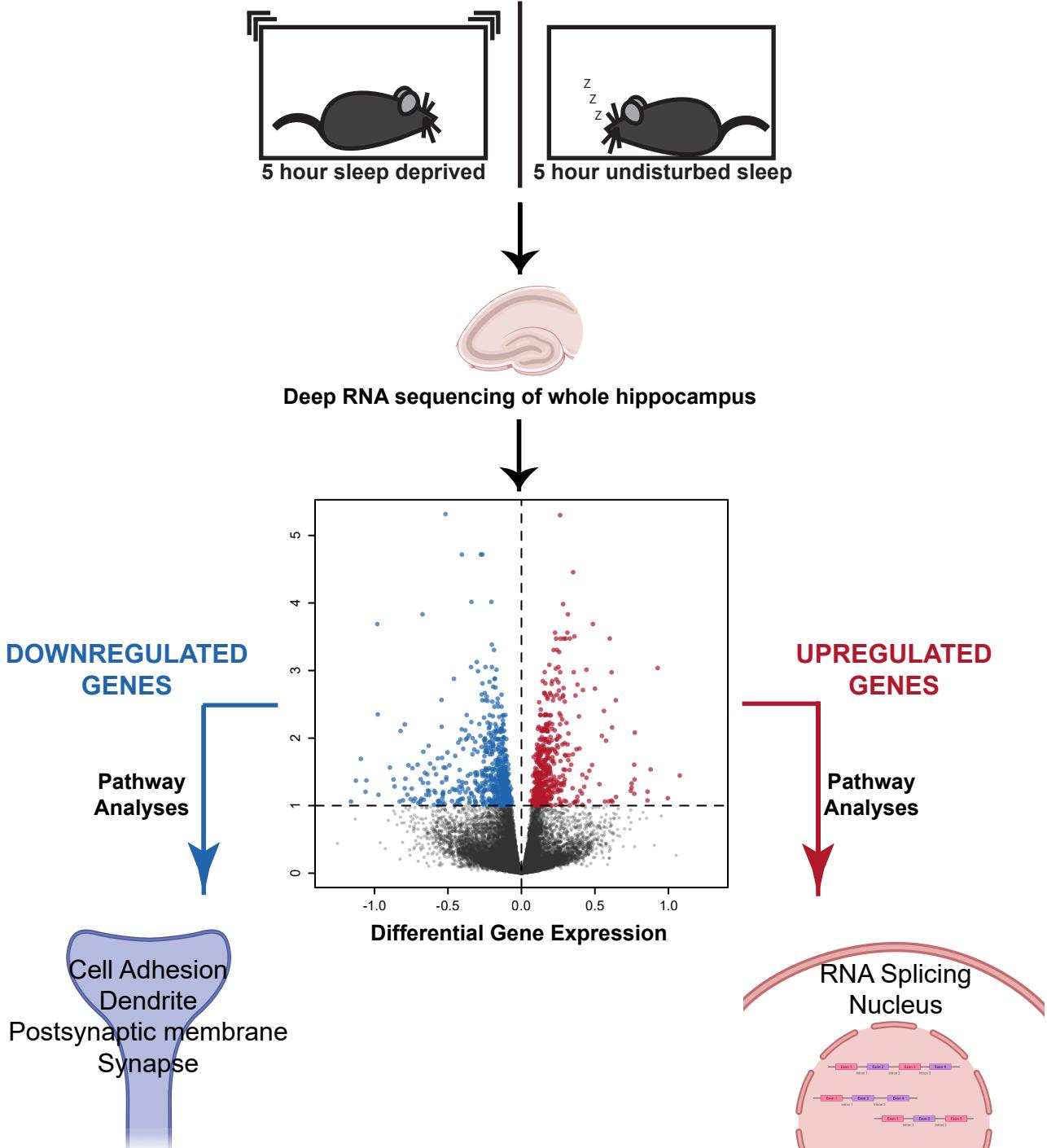
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Graphical Abstract

## Sleep deprivation alters hippocampal transcriptome

### 23 Abstract

24

25 Widespread sleep deprivation is a continuing public health problem in the United  
26 States and worldwide affecting adolescents and adults. Acute sleep deprivation results in  
27 decrements in spatial memory and cognitive impairments. The hippocampus is vulnerable  
28 to acute sleep deprivation with changes in gene expression, cell signaling, and protein  
29 synthesis. Sleep deprivation also has long lasting effects on memory and performance  
30 that persist after recovery sleep, as seen in behavioral studies from invertebrates to  
31 humans. Although previous research has shown that acute sleep deprivation impacts  
32 gene expression, the extent to which sleep deprivation affects gene regulation remains  
33 unknown. Using an unbiased deep RNA sequencing approach, we investigated the effects  
34 of acute sleep deprivation on gene expression in the hippocampus. We identified 1,146  
35 genes that were significantly dysregulated following sleep deprivation with 507 genes  
36 upregulated and 639 genes downregulated, including protein coding genes and long non-  
37 coding RNAs not previously identified as impacted by sleep deprivation. Notably, genes  
38 significantly upregulated after sleep deprivation were associated with RNA splicing and  
39 the nucleus. In contrast, downregulated genes were associated with cell adhesion,  
40 dendritic localization, the synapse, and postsynaptic membrane. These results clearly  
41 demonstrate that sleep deprivation differentially regulates gene expression on multiple  
42 transcriptomic levels to impact hippocampal function.

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47 **Keywords: Memory, transcription, sleep deprivation, hippocampus, gene**  
48 **expression, transcriptome, translatome, RNA sequencing**

## Sleep deprivation alters hippocampal transcriptome

### 49 Introduction

50

51 Sleep deprivation is a widespread public health problem in the United States and countries  
52 around the globe [1]. In the United States, estimates suggest that nearly 70% of adults  
53 and teenagers have insufficient sleep at least one day per month [2-4]. Acute sleep  
54 deprivation results in cognitive impairments (reviewed in [5]), as well as the exacerbation  
55 of neuropsychiatric and mood disorders (reviewed in [6, 7]). The decrements in cognitive  
56 function and performance induced by acute sleep deprivation create an economic burden  
57 with decreased workplace productivity as well as increased accident risk encumbering  
58 public safety [8-11]. Moreover, acute sleep deprivation results in increased levels of  
59 amyloid-beta as well as increased levels of tau in cerebral spinal fluid and plasma, which  
60 are pathological markers associated with increased risk of Alzheimer's disease [12, 13].

61

62 The impact of sleep deprivation on long-term memory is phylogenetically conserved as  
63 seen in behavioral studies of invertebrates to rodent models to human subjects [14-18].  
64 Moreover, the effects of acute sleep deprivation on memory can extend for days, even  
65 with recovery sleep. For example, in the marine mollusk *Aplysia*, the effects of acute sleep  
66 deprivation persist for at least 48 hours inhibiting the formation of long-term memory [17].  
67 Similarly, in humans, acute deprivation impairs episodic memory and hippocampus  
68 dependent memory associations for more than two days, despite recovery sleep [18].  
69 Long-lasting cellular mechanisms such as changes in gene regulation ostensibly underlie  
70 the conserved persistent effects of acute sleep deprivation on memory. The hippocampus  
71 is particularly susceptible to the impacts of sleep deprivation with changes apparent in  
72 cellular signaling, protein synthesis, and neuronal connectivity following sleep deprivation  
73 [12, 18-22], although studies differ as to the effect of acute sleep deprivation on dendritic  
74 structure [13, 22-24]. Studies have highlighted the effects of sleep deprivation on gene

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75 expression and protein synthesis in the hippocampus [25-27], with more recent analyses  
76 conducted to identify gene networks and hubs correlated with sleep deprivation [28]. Sleep  
77 deprivation also induces epigenetic alterations affecting gene expression in animal models  
78 and humans ([29, 30] and reviewed in [31]). Enhancement of global gene transcription  
79 through inhibition of histone deacetylation has been shown to rescue hippocampus-  
80 dependent memory and synaptic plasticity in sleep deprived mice [32]. Thus, our  
81 understanding of the extent and specificity of sleep deprivation on gene regulation remains  
82 incomplete.

83

84 To more fully detail the effects of acute sleep deprivation on transcription, we investigated  
85 the effect of 5 hours of sleep deprivation on gene expression in the hippocampus using  
86 an unbiased deep RNA sequencing (RNA-Seq) approach. We identified 1,146 genes  
87 differentially regulated after sleep deprivation. Genes significantly upregulated were  
88 preferentially associated with the nucleus with functions in RNA binding and processing,  
89 whereas genes significantly downregulated after sleep deprivation were associated with  
90 cell adhesion, the synapse, dendrites, and postsynaptic membrane. Through comparison  
91 with a recently published data set analyzing the effects of acute sleep deprivation on  
92 ribosome associated transcripts in excitatory neurons of the hippocampus [27], we found  
93 a considerable difference between the number of genes regulated by sleep deprivation at  
94 the total RNA level in the ribosome associated pool of transcripts. Genes regulated by  
95 sleep deprivation at both the transcriptional and translational levels showed enrichment in  
96 protein kinase and phosphatase activity, as well as potassium and cation channel activity.  
97 Functions enriched with genes regulated by sleep deprivation only in the transcriptome  
98 included transcription factor binding, histone deacetylase activity, nucleotide binding,  
99 nucleotide exchange factor activity and small GTPase regulator activity; whereas genes  
100 regulated solely in the translatome displayed network enrichment for the unfolded protein

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101 binding pathway, protein binding, peptide binding, protein dimerization and ubiquitin  
102 binding. The data set generated with this research highlights the differences in biological  
103 function between genes upregulated after sleep deprivation and those downregulated  
104 demonstrating the gene specific effects of sleep deprivation and recovery sleep on gene  
105 regulation.

106

### 107 **Materials and Methods**

108

### 109 **Animals**

110 C57BL/6J (Jackson Labs, #000664) male mice between 3-4 months of age were used for  
111 all experiments. Mice were housed in groups of up to five under 12 hour light/12 hour dark  
112 cycle with *ad libitum* access to food and water in a temperature and humidity controlled  
113 room (22°C and 55 +/- 5%, respectively). Mice were maintained under standard conditions  
114 consistent with National Institute of Health guidelines and approved by the Institutional  
115 Animal Care and Use Committee of the University of Iowa.

116

### 117 **Sleep deprivation and recovery**

118 One week prior to sleep deprivation mice were single housed with corn cob bedding as  
119 previously described [25-27]. Three days prior to sleep deprivation, mice were gently  
120 handled for 3 minutes, with cages lightly tapped or moved. Sleep deprivation was  
121 performed starting at the beginning of the light cycle to control for circadian differences in  
122 gene expression. Sleep deprivation was carried out for 5 hours using the gentle handling  
123 method [14, 25]. Animals were monitored continuously with minimal cage tapping and then  
124 cage shakes as necessary disturbances to achieve sleep deprivation. Non-sleep deprived  
125 mice were placed in a room by themselves with lighting and humidity similar to the sleep  
126 deprivation room and left undisturbed for 5 hours. To study sleep recovery, mice were

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127 sleep deprived for 5 hours and then returned to the housing room for 3 hours to recover.  
128 Control animals were left undisturbed. For all experiments, control and experimental  
129 animals were sacrificed at the same time to avoid circadian confounds. At the end of  
130 undisturbed sleep, sleep deprivation, or recovery, hippocampi were removed and flash  
131 frozen.

132

### 133 **RNA extraction**

134 Hippocampal samples were homogenized in Qiazol (Invitrogen) and phase separated  
135 using chloroform followed by centrifugation at 14,000 g for 15 minutes. RNA was extracted  
136 using the RNeasy kit (Qiagen) with DNA removed with RNase-Free DNase (Qiagen).  
137 Samples were resuspended in RNase-free water and quantified using the Nanodrop 1 and  
138 the Agilent Bioanalyzer. Samples with an OD 260/280 and OD 260/230 ratio close to 2.0  
139 and RNA integrity number (RIN) above 8 were selected for library preparation.

140

### 141 **RNA library preparation and sequencing**

142 RNA libraries were prepared at the Iowa Institute of Human Genetics, Genomics Division  
143 using the Illumina TruSeq Stranded Total RNA with Ribo-Zero gold sample preparation kit  
144 (Illumina). Library concentrations were measured with the KAPA Illumina Library  
145 Quantification Kit (KAPA Biosystems). Pooled libraries were sequenced across two lanes  
146 in 150 bp paired-end reads using the Illumina HiSeq 4000. A total of 18 samples were  
147 sequenced in two batches.

148

### 149 **RNA Sequencing analysis**

150 The bcbio-nextgen pipeline [33] was used to process sequencing data. STAR [34] was  
151 used to align reads to the mm10 genome build and featureCounts was used to quantify  
152 expression at the gene level [35]. EDASeq was used to adjust for GC content effects and

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153 account for sequencing depth [36] with normalization shown in Additional Figure S1. Run  
154 length encoding (RLE plots) and PCA analysis were used to validate normalization  
155 (Additional Figure S1). Differential expression analysis was conducted using edgeR's  
156 quasi-likelihood pipeline [37-39]. Effect size was calculated by removing gene abundance  
157 from fold changes. The RNA-Seq data have been deposited in NCBI's Gene Expression  
158 Omnibus and are accessible through GEO Series accession number GSE166831,  
159 <https://www.ncbi.nlm.nih.gov/geo/query/acc.cgi?acc=GSE166831>. The code for analyses  
160 and figures related to RNA-Seq data can be accessed through GitHub at  
161 [https://github.com/ethanbahl/gaine2021\\_sleepdeprivation](https://github.com/ethanbahl/gaine2021_sleepdeprivation).

162

### 163 **Pathway Analysis**

164 To identify biological pathways affected by sleep deprivation, we used NetworkAnalyst  
165 V3.0 [40] to perform Global Enrichment Network OverRepresentation Analyses (ORA)  
166 on upregulated and downregulated genes (< 0.1 FDR) using the Protein ANalysis  
167 THrough Evolutionary Relationships (PANTHER):BP and PANTHER:CC classifications  
168 to determine biological processes (BP) and cellular components (CC) [41]. For the  
169 pathway analyses, a P-value < 0.05 was considered significant. Comparison of the  
170 RNA-seq data from this manuscript with the TRAP-Seq data available in NCBI's GEO  
171 repository, GEO series accession GSE156925,  
172 <https://www.ncbi.nlm.nih.gov/geo/query/acc.cgi?acc=GSE156925>, [27], was performed  
173 using Gene Ontology-Molecular Function (GO:MF) due to the relatively small number of  
174 differentially expressed genes in common between the two data sets.

175

### 176 **Quantitative real-time PCR (RT-qPCR)**

177 RNA (500 ng) was used for cDNA preparation with the Superscript IV First-Strand  
178 Synthesis (Ambion). RT-qPCR was performed with gene specific primers (Additional File

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179 2: Table S1) using Fast SYBR™ Green Master Mix (ThermoFisher Scientific). Reactions  
180 were run using the Quant Studio 7 Real-Time PCR System (ThermoFisher Scientific).  
181 Samples were quantified in at least triplicate using two appropriate housekeeping genes  
182 (*Tubulin* and *Hprt*) that were included on all plates for normalization. Neither housekeeping  
183 gene was differentially expressed between non-sleep deprived and sleep deprived  
184 samples in the RNA-seq data set: *Tuba1a* Log Fold Change (FC) = 0.018, FDR = 0.882;  
185 and *Hprt* LogFC = -0.003, FDR = 0.981.

186

### 187 **Statistical Analyses**

188 RT-qPCR statistical analyses were performed using an unpaired Student's t-test in  
189 GraphPad Prism. Results were expressed as means +/- SEM. Values of P < 0.05 were  
190 considered as statistically significant.

191

### 192 **Results**

193

#### 194 **Deep RNA sequencing reveals the extent of changes in gene expression induced in 195 the hippocampus by acute sleep deprivation**

196 Previously researchers analyzed the impact of sleep deprivation on gene expression in  
197 the hippocampus using microarrays [25]; however, this approach had limitations in  
198 detection due to the microarray chip design, i.e., probes must be designed *a priori* that  
199 target specific anticipated transcripts. In contrast, RNA-seq provides an unbiased  
200 approach to identify differential gene expression rather than relying on a set of  
201 predetermined sequences. Moreover, deep RNA sequencing facilitates identification of  
202 differential expression for non-coding sequences including antisense transcripts, long  
203 non-coding RNAs and microRNAs [42, 43]. Accordingly, we investigated the effects of 5  
204 hour acute sleep deprivation starting at lights on using gentle handling to identify changes

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205 in gene expression in the hippocampus with deep RNA sequencing. Sleep deprivation  
206 experiments (Figure 1a) were completed in two independent cohorts (cohort one had n=4  
207 and cohort two had n=5 samples for each of the non-sleep deprived and sleep deprived  
208 group). Through deep sequencing with an average of 143M reads per sample in the non-  
209 sleep deprived mice and 136.5M reads per sample in the sleep deprived mice, we found  
210 sufficient expression levels for 22,582 genes including protein coding, non-coding, and  
211 predicted genes. GC and depth normalization were used to normalize the raw data before  
212 processing (Additional File 1: Figure S1).

213

214 We identified 1,146 genes that were significantly dysregulated following sleep deprivation  
215 (FDR < 0.10) with 507 genes upregulated and 639 genes downregulated (Figure 1b and  
216 Additional File 2: Tables S2 and S5). Of the differentially expressed genes, 1,026 (89.5%)  
217 were protein coding based on the Ensembl biotype classification [44]. Heatmap  
218 representations are shown for differentially regulated genes based on FDR ( $\leq 0.01$ ) and  
219 effect size (absolute value  $> \pm 0.5$ ) to identify those genes most strongly affected by sleep  
220 deprivation (Figure 1c). The most significantly upregulated gene after sleep deprivation  
221 was a Regulator of Nonsense Mediated mRNA Decay (*Upf2*), while the most significantly  
222 downregulated gene after sleep deprivation was Cold Inducible RNA Binding Protein  
223 (*Cirbp*). In these experiments, the animals were sleep deprived starting at lights on, while  
224 in the microarray study by Vescey and colleagues, sleep deprivation was initiated four to  
225 six hours after lights on; however, *Upf2* and *Cirbp* were differentially expressed after sleep  
226 deprivation in both studies. Using a Fisher's Exact Test to compare the overlap between  
227 the RNA -Seq differential gene expression and the microarray gene expression, we found  
228 strong overlap between the data sets with an odds ratio of 8.43 (confidence interval [7.05,  
229 10.06]; P-value  $< 2.2 \times 10^{-16}$ ). We identified 226 differentially regulated genes in common

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230 between the two data sets, suggesting that sleep deprivation targets a core set of genes  
231 regardless of whether sleep deprivation begins at the beginning of the rest period or after  
232 a few hours of rest.

233

234 With the *de novo* sequencing approach, we found 6,967 sequences that were not  
235 previously tested in the microarray study by Vecsey and colleagues [25]. Using Ensembl  
236 biotype classification, 973 genes that were previously not analyzed with sleep deprivation  
237 were determined to be protein coding. Within this additional gene set, there were 123  
238 sequences that were significantly differentially expressed between non-sleep deprived  
239 and sleep deprived groups (FDR < 0.10) including 33 protein coding genes, 16 long  
240 intergenic non-coding RNAs (lincRNAs), 2 long non-coding RNAs, 1 microRNA, 14  
241 pseudogenes, 13 antisense transcripts, 39 EST sequences, and 5 processed transcripts.  
242 Thus, unbiased deep RNA sequencing provided a more thorough analysis of differential  
243 gene expression than previous research using microarrays.

244

245 **RNA splicing and nuclear localization are associated with genes upregulated after  
246 sleep deprivation**

247 To identify biological and functional relevance, we separately analyzed the upregulated  
248 and downregulated genes after acute sleep deprivation using Network Analyst and the  
249 PANTHER:BP classification to perform network enrichment. For genes significantly  
250 upregulated by sleep deprivation, there were 16 pathways significantly enriched (Figure  
251 2a; Additional File 2: Table S3). Notably, RNA splicing was one of the most significant  
252 pathways identified with genes upregulated after sleep deprivation. As shown in Figure  
253 2a, the enrichment of RNA splicing and processing pathways included 14 genes  
254 upregulated after sleep deprivation. We also found enrichment for pathways involved in  
255 circadian rhythms and rhythmic processes highlighting the interactions between sleep

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256 deprivation and the circadian clock. To predict the cellular localization of proteins for which  
257 sleep deprivation induced increased gene expression, we utilized the PANTHER:CC  
258 classification (Figure 2b and Additional File 2: Table S4). Genes upregulated after sleep  
259 deprivation were most commonly associated with nuclear localization, consistent with the  
260 hypothesis that processes critical to RNA splicing and RNA processing are impacted by  
261 acute sleep deprivation.

262

### **263 Genes downregulated by sleep deprivation are associated with dendritic, 264 postsynaptic membrane, and cytoskeletal components**

265 Analysis of the genes significantly downregulated after sleep deprivation revealed  
266 strikingly different biological functions and cellular localization than those genes that were  
267 upregulated after sleep deprivation. When analyzing network enrichment using  
268 PANTHER:BP, we identified 19 pathways enriched for genes downregulated after sleep  
269 deprivation. The most significantly enriched pathway was Cell Adhesion (Figure 3a and  
270 Additional File 2: Table S6), with this pathway including 31 genes significantly  
271 downregulated after sleep deprivation. In contrast to the strong nuclear association seen  
272 for genes upregulated by sleep deprivation, analysis using PANTHER:CC revealed that  
273 the genes downregulated by sleep deprivation are associated with many different cellular  
274 components (Figure 3b and Additional File 2: Table S7). Dendrites, postsynaptic  
275 membranes, and the synapse were the three cellular compartments most significantly  
276 associated with genes downregulated after sleep deprivation. Downregulated genes were  
277 also significantly associated with the cytoplasm and cytoskeletal components. These  
278 results strongly suggest that sleep deprivation differentially regulates genes, at least in  
279 part, based on their biological function, rather than a more global regulation of gene  
280 expression.

281

## Sleep deprivation alters hippocampal transcriptome

### 282 **Confirmation of gene expression changes in the hippocampus after sleep 283 deprivation**

284 Based upon molecular function, we chose a subset of the differentially expressed genes  
285 from the RNA-Seq experiment to validate in independent sleep deprivation experiments  
286 (Figure 4; non-sleep deprived mice n=6, sleep deprived mice n=6). Given the significance  
287 of pathways involved in RNA processing including RNA splicing, we tested the effects of  
288 sleep deprivation on the expression of four genes, *Cirbp*, *Srsf7*, *Tra2a*, and *Upf2*, with  
289 known functions in RNA processing or as RNA binding proteins (Figure 4a). Using RT-  
290 qPCR with gene specific primers (Additional File 2: Table S1), we confirmed that these  
291 genes demonstrated significant changes with the same directionality after acute sleep  
292 deprivation. Immediate early genes and transcription factors have been previously  
293 identified as changing after acute sleep deprivation in the hippocampus and other brain  
294 regions [45-50]. We independently confirmed that acute sleep deprivation differentially  
295 regulated two positive transcription factors and a repressor of transcription, *Nfil3*, *Nr4a1*  
296 and *Erf* (Figure 4b). We also validated through RT-qPCR four genes involved in cellular  
297 signaling that were significantly changed after sleep deprivation, *Pdgfrb*, *Dusp5*, *Dusp6*,  
298 and *Ackr3* (Figure 4c). Acute sleep deprivation has been previously shown to induce  
299 changes in the cytoskeleton and decrease dendritic spines in the CA1 and dentate gyrus  
300 of the hippocampus [20, 22]. We validated the effects of sleep deprivation on two genes  
301 of interest that act in the postsynaptic dendrites, *Filip1* and *Arc* (Figure 4d). All the genes  
302 included were significantly changed in the independent cohort.

303

304 As a negative control to validate our analysis, we chose three genes with varying functions  
305 that showed no significant difference in expression after sleep deprivation in the previous  
306 microarray study (GEO accession GSE33302) or between non-sleep deprived and sleep  
307 deprived samples in our RNA-Seq data set: Laminin Subunit Alpha 5 (*Lama5*), Frizzled

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308 Class Receptor 5 (*Fzd5*), and Transient Receptor Potential Cation Channel Subfamily M  
309 Member 3 (*Trpm3*). Using RT-qPCR, we quantified the expression of these three genes  
310 after sleep deprivation from the independent cohort of animals. As predicted, we did not  
311 find significant differences in the expression levels of these genes between non-sleep  
312 deprived and sleep deprived animals (Additional File 1: Figure S2).

313

314 **Three hours of sleep recovery reverses the effects of acute sleep deprivation on**  
315 **mRNA abundance**

316 Previous studies have shown that 2.5 – 3 hours of recovery sleep following acute sleep  
317 deprivation is sufficient to reverse many of the effects of sleep deprivation on gene  
318 expression, cellular signaling that affects protein synthesis, and dendritic structure [22, 25,  
319 26, 51, 52]. However, recovery sleep following acute sleep deprivation is unable to restore  
320 the deficits observed in long-term hippocampus dependent memory [15]. Consequently,  
321 we investigated whether recovery sleep following acute sleep deprivation was sufficient to  
322 normalize mRNA abundance for a subset of genes, including those associated with  
323 synaptic plasticity and memory (Figure 5). We performed sleep deprivation experiments  
324 followed by 3 hours of recovery sleep. Control animals were euthanized at the same time  
325 as experimental animals to avoid circadian confounds in gene expression (n=6 for non-  
326 sleep deprived mice and n=7 for sleep deprived with recovery sleep group). For most  
327 genes, we found that 3 hours of recovery sleep induced a return to baseline gene  
328 expression levels with no significant changes when sleep deprived plus recovery sleep  
329 mice were compared with non-sleep deprived mice: *Cirbp*, *Tra2a*, *Upf2*, *Nfil3*, *Erf*, *Pdgfrb*,  
330 *Dusp5*, *Dusp6*, *Ackr3*, and *Filip1*. Notably, the transcription factor *Nr4a1* remained  
331 significantly upregulated in recovery mice compared to non-sleep deprived mice; however,  
332 the fold change was significantly lower in the sleep recovery mice (mean fold change =  
333 1.15) compared to that seen for gene expression after sleep deprivation (mean fold

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334 change = 1.60). Furthermore, recovery sleep significantly repressed mRNA abundance  
335 for the splicing factor *Srsf7*, a component of the spliceosome, that was upregulated after  
336 sleep deprivation. These results suggest that recovery sleep reverses acute sleep  
337 deprivation induced changes in gene expression for most genes, but exceptions occur for  
338 some genes which may affect RNA splicing or transcription, potentially providing a link to  
339 the more persistent effects of acute sleep deprivation.

340

### 341 **Acute sleep deprivation affects different gene functions in the transcriptome and** 342 **translatome**

343 Sleep deprivation can affect gene regulation at multiple levels with decreases in protein  
344 synthesis apparent in the hippocampus in addition to changes in mRNA abundance.  
345 Recent research investigated the effects of acute sleep deprivation on the pool of mRNA  
346 transcripts associated with ribosomes (TRAP-Seq) in excitatory neurons, which denotes  
347 the sleep deprived translatome [27]. To discriminate the effects of sleep deprivation on the  
348 transcriptome and the translatome, we performed a comparative analysis of the results  
349 from the current study with the translatome of excitatory neurons from published data  
350 (GEO Series accession GSE156925) using an FDR of < 0.10. Although both research  
351 studies used the same method of sleep deprivation performed at the same circadian time,  
352 we found that only 111 genes were similarly differentially regulated after sleep deprivation  
353 in both the transcriptome and translatome (Figure 6a and Additional File 2: Table S8). The  
354 limited overlap between the translatome and transcriptome is consistent with the limited  
355 overlap found when the translatome was previously compared to the microarray data set  
356 of Vecsey and colleagues [27]. As the TRAP-Seq data set is enriched for excitatory  
357 neurons, we predicted that the number of differentially expressed genes after sleep  
358 deprivation from the RNA-Seq data set would be greater as the RNA-Seq samples were  
359 prepared from the whole hippocampus including inhibitory neurons and glia. We found

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360 that 1,035 genes were differentially regulated in the transcriptome, but not in the  
361 translatome and 154 genes were regulated in the translatome but not in the whole  
362 transcriptome.

363

364 To provide additional insight into the impact of sleep deprivation on the transcriptome and  
365 translatome, we performed pathway analyses using GO:MF for genes commonly  
366 regulated at both levels, genes regulated solely in the transcriptome, and genes that were  
367 uniquely regulated in the translatome. Pathway analysis of the genes regulated similarly  
368 after sleep deprivation in the transcriptome and the translatome revealed two major groups  
369 of gene enrichment (Figure 6b and Additional File 2: Table S9). The first group of enriched  
370 pathways included protein kinase and protein phosphatase pathways suggesting that  
371 sleep deprivation strongly affects cell signaling pathways. Secondly, there was enrichment  
372 of potassium channel activity pathways suggesting that sleep deprivation affects neural  
373 activity through gene regulation. Analysis of genes regulated solely in the transcriptome  
374 highlighted pathways involved in transcription factor binding, histone deacetylase activity,  
375 nucleotide binding, nucleotide exchange factor activity and small GTPase regulator activity  
376 (Figure 6c and Additional File 2: Table S10). In contrast, the translatome enrichment  
377 networks included the unfolded protein binding pathway, protein binding, peptide binding,  
378 protein dimerization, and ubiquitin binding (Figure 6d and Additional File 2: Table S11).  
379 This comparative analysis highlights the multiple levels of gene regulation impacted by  
380 sleep deprivation with distinct consequences.

381

### 382 **Discussion**

383

384 Numerous behavioral and molecular studies have demonstrated the requirement of sleep  
385 for memory and neural plasticity (reviewed in [53, 54]). Previous research has shown that

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386 the hippocampus is highly susceptible to the effects of acute sleep deprivation inhibiting  
387 long-term memory with changes apparent in neuronal connectivity and morphology [14,  
388 20, 22, 55, 56]. Although studies using mice and rats have shown that acute sleep  
389 deprivation affects gene expression in the hippocampus and the forebrain [25, 48, 52, 57-  
390 62], much of the previous research has focused on specific gene sets or used microarray  
391 analysis, rendering an incomplete picture of the effects of sleep deprivation on gene  
392 expression. Thus, we conducted an unbiased investigation of the effects of sleep  
393 deprivation on hippocampal gene expression using RNA-Seq. As predicted, the RNA-Seq  
394 experiments provided a more in-depth investigation into the effects of sleep deprivation  
395 on the transcriptome with more genes analyzed than previous microarray experiments.  
396 We found that five hours of sleep deprivation upregulated or downregulated gene  
397 expression dependent upon the biological functions and cellular components associated  
398 with the genes. The RNA-Seq results were validated through independent sleep  
399 deprivation and recovery experiments followed by RT-qPCR for genes of interest.

400

401 Analysis of genes upregulated by sleep deprivation revealed associations with nuclear  
402 functions including genes involved in RNA binding, processing, and splicing potentially  
403 increasing RNA splicing misregulation, nonsense mediated decay and RNA degradation.  
404 For example, the *Upf2* gene, a mediator of nonsense mediated decay, was upregulated  
405 by sleep deprivation consistent with the hypothesis that sleep deprivation could result in  
406 changes in RNA splicing that lead to increased RNA degradation. Misregulation of RNA  
407 splicing affects neural plasticity and function (reviewed in [48]). Dysregulation of RNA  
408 binding proteins and splicing has been associated with aberrant neural function and  
409 neurodegenerative diseases including Alzheimer's disease (reviewed in [63, 64]). Thus,  
410 acute sleep deprivation has the potential to induce widespread changes in neuronal and  
411 synaptic plasticity through changes in RNA processing.

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412

413 In the present study, we found that significant downregulation of genes by sleep  
414 deprivation was associated with cell adhesion and synaptic protein functions including  
415 *Nlgn1*, *Nlgn3*, *Ncam1*, *Nectin3* and *Nectin4*. Cell adhesion molecules, such as the post-  
416 synaptic adhesion protein Neuroligin-1 has been previously associated with sleep  
417 regulation ([62] and reviewed in [65]). Sleep deprivation downregulated metalloproteases  
418 such as *Adam23*, involved in cell-cell interactions. Although multiple cellular components  
419 were significantly enriched for genes downregulated by sleep deprivation, the top three  
420 cellular locations were the dendrite, postsynaptic membrane, and the synapse.  
421 Postsynaptic density scaffolding proteins, such as members of the Disc large associated  
422 protein family *Dlgap1* and *Dlgap3*, were significantly downregulated by sleep deprivation.  
423 Thus, the probable outcomes of the downregulation of genes by sleep deprivation are  
424 weakened synaptic plasticity and cell-cell interactions. Our results are consistent with  
425 previously observed decreases in hippocampal plasticity seen following brief periods of  
426 sleep deprivation [66-69]. Sleep deprivation appears to have some of the largest cellular  
427 impacts at the synapse as recent studies on whole forebrain tissue found that acute sleep  
428 deprivation reduced the rhythms in protein phosphorylation of synaptic proteins [70, 71].  
429 Although differences in the effect of sleep deprivation on transcription and translation are  
430 apparent between brain regions ([48, 51] and reviewed in [5]), acute sleep deprivation also  
431 affects synaptic proteins in the cortex [72].

432

433 Three hours of recovery sleep following acute sleep deprivation normalized gene  
434 expression for most genes we investigated, similar to what has been observed for many  
435 genes in the hippocampus and the cortex [25, 52]. However, we did find that the  
436 transcription factor *Nr4a1* remained upregulated after recovery sleep, albeit to a smaller  
437 extent. In addition, the RNA splicing factor *Srsf7* reversed direction showing a significant

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438 decrease in expression after recovery sleep. These results indicate that recovery from  
439 sleep deprivation is gene specific, rather than a universal return of gene expression to  
440 baseline levels. Previously, expression of the transcription factor Elk1 in the hippocampus  
441 was shown to remain high after 2.5 hours of recover sleep [25]. Studies in the cortex found  
442 that some genes normalize expression levels quickly with recovery sleep, while other  
443 genes require up to 6 hours of recovery sleep to return to baseline levels [52]. Of note,  
444 genes that responded less quickly to recovery sleep included genes involved in RNA  
445 splicing and RNA binding proteins [52]. Thus, in addition to the more immediate effects of  
446 acute sleep deprivation on gene expression and the subsequent impact on synaptic  
447 plasticity and cellular signaling, acute sleep deprivation may also exert longer lasting  
448 effects on gene regulation through the continued dysregulation of transcription factors and  
449 genes related to RNA processing. Further cell-specific research needs to be completed to  
450 fully investigate the persistent effects of acute sleep deprivation on RNA splicing and  
451 processing.

452

453 The canonical view of gene regulation and the central dogma of molecular biology suggest  
454 that RNA and protein abundance are highly correlated. However, as understanding of  
455 RNA processing increased, it has become apparent that gene regulation occurs at multiple  
456 levels (reviewed in [73]). Acute sleep deprivation, in particular, appears to distinctly impact  
457 transcription and translation as we found when we compared the results of the current  
458 RNA-Seq data set with the translatome of excitatory neurons in the hippocampus after  
459 sleep deprivation. Although differences arose between these data sets due to cell type  
460 differences, genes impacted similarly by sleep deprivation in the transcriptome and  
461 translatome encompassed genes involved in kinase and phosphatase signaling pathways,  
462 as well as cation and potassium channels. Changes in the expression of membrane  
463 channels and cellular signaling pathways have the potential to rapidly impact synaptic

## Sleep deprivation alters hippocampal transcriptome

464 strength and plasticity following sleep deprivation. A large number of genes, more than  
465 1,000, were upregulated in the transcriptome, but not in the translatome. Genes regulated  
466 only at the level of the transcriptome included genes involved in RNA processing,  
467 nucleotide binding and small GTPase signaling. Potentially genes upregulated in the  
468 transcriptome, but not the translatome, may reflect transcripts with alternative splicing that  
469 are not translated efficiently or that undergo degradation. Alternatively, genes upregulated  
470 in the transcriptome by sleep deprivation may also be sequestered in dynamic RNA  
471 granules that may then be released when conditions normalize (reviewed in [74-76]).  
472 Notably, there are also genes downregulated in the transcriptome but not in the  
473 translatome. Potentially, the translatome reflects isoform specific transcript association  
474 with the ribosome, while our RNA-Seq data set reflects total RNA abundance. A  
475 comparatively small number of genes, approximately 150 genes, showed separate  
476 regulation by sleep deprivation in the translatome of excitatory neurons but not in the  
477 overall transcriptome including genes associated with the unfolded protein response and  
478 ubiquitination suggesting that additional regulation of protein degradation may occur with  
479 sleep deprivation. The analyses presented provide further insight into the nuanced effects  
480 of sleep deprivation on gene regulation at multiple levels.

481

482 The results presented here provide an unbiased in-depth perspective of the effects of  
483 acute sleep deprivation on gene expression in the hippocampus. Notably, our results  
484 clearly demonstrate that sleep deprivation differentially upregulates or downregulates  
485 genes dependent upon biological function, instead of a more general mechanism resulting  
486 in global changes in gene expression. Moreover, our analyses provided new insight into  
487 the effects of sleep deprivation revealing the strong association of genes upregulated by  
488 sleep deprivation with nuclear functions. In contrast, genes downregulated by sleep  
489 deprivation were associated with multiple cellular components, in particular, dendrites and

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490 synapses. These distinctions highlight the need for future research investigating the  
491 effects of sleep deprivation on the hippocampus taking advantage of technological  
492 advances in single cell and spatial transcriptomics. Although the results presented here  
493 establish a strong foundation for comparison with data from other brain regions to more  
494 precisely understand brain region specific impacts of sleep deprivation, further research  
495 is needed to understand the persistent effects of acute sleep deprivation on long-term  
496 memory, as well as to identify the effects of chronic sleep restriction on the hippocampus.

497

498

### 499 **Declarations**

#### 500 **Ethics approval and consent to participate**

501 Not applicable

#### 502 **Consent for publication**

503 Not applicable

#### 504 **Availability of data and materials**

505 The datasets generated and/or analyzed during the current study are available in the  
506 NCBI's Gene Expression Omnibus repository, GEO Series accession GSE166831,  
507 <https://www.ncbi.nlm.nih.gov/geo/query/acc.cgi?acc=GSE166831>; GEO accession  
508 GSE156925, <https://www.ncbi.nlm.nih.gov/geo/query/acc.cgi?acc=GSE156925> and GEO  
509 accession GSE33302, <https://www.ncbi.nlm.nih.gov/geo/query/acc.cgi?acc=GSE33302>.

510

#### 511 **Competing Interests**

512 The authors declare that they have no competing interests.

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### 518 **Authors' contributions**

519 LCL, MEG and TA conceived the study. LCL and MEG planned the experiments,  
520 performed sleep deprivation, RT-qPCR and data analysis. SC extracted the RNA for  
521 library preparation. EB performed the RNA sequencing bioinformatic analyses with review  
522 by JJM. All authors read and approved the final manuscript.

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727

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### 728 **Figure Legends**

729

730 **Figure 1. Acute sleep deprivation causes substantial gene expression changes in the**  
731 **mouse hippocampus. (a)** Schematic showing experimental procedure for RNA sequencing  
732 following acute sleep deprivation. C57BL/6J male mice were either sleep deprived for 5 hours  
733 (n=9) or left undisturbed (n=9). Immediately following sleep deprivation or undisturbed sleep, the  
734 whole hippocampus was dissected out and flash frozen. Total RNA was extracted and processed  
735 for RNA sequencing. **(b)** Volcano plot illustrating differentially expressed genes between non-  
736 sleep deprived and sleep deprived mice. Genes with a false discovery rate (FDR) < 0.1 are  
737 highlighted in red for significantly upregulated (507 genes) and blue for significantly  
738 downregulated (639 genes) after sleep deprivation. Genes that are not significantly differentially  
739 expressed in sleep deprived mice are in grey. **(c)** Heatmap showing the most differentially  
740 expressed genes filtered by FDR ≤ 0.01 and effect size > ±0.5 in each cohort. The top rows  
741 represent genes that are significantly downregulated after sleep deprivation. The bottom rows  
742 represent genes that are significantly upregulated after sleep deprivation. Each column  
743 represents one mouse and columns are grouped by batch. The scale represents log counts per  
744 million (logCPM), with red denoting upregulation and blue denoting downregulation after sleep  
745 deprivation. The most significantly upregulated gene after sleep deprivation was UPF2 Regulator  
746 of Nonsense Mediated mRNA Decay (*Upf2*; log fold change (LogFC) = 0.263, FDR = 5.01 x 10<sup>-6</sup>). The most significantly downregulated gene after sleep deprivation was Cold Inducible RNA  
748 Binding Protein (*Cirbp*; LogFC = -0.516, FDR = 4.83 x 10<sup>-6</sup>).

749

750 **Figure 2. Distinct biological processes and cellular components are enriched for genes**  
751 **upregulated after acute sleep deprivation. (a)** Using Network Analyst software and the  
752 PANTHER: Biological Processes (BP) classification to perform overrepresentation analysis  
753 (ORA), pathways enriched for upregulated genes were identified. RNA splicing and Apoptotic

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754 Process were the most significantly enriched networks (Adjusted P-value = 0.025). These top  
755 networks have been expanded to show the genes that are involved and upregulated after sleep  
756 deprivation. **(b)** Using Network Analyst software and the PANTHER: Cellular Components (CC)  
757 classification to perform ORA we identified cellular components enriched for genes upregulated  
758 after sleep deprivation. The nucleus is the most significantly enriched (Adjusted P-value = 1.74 x  
759  $10^{-9}$ ). The size of each node represents the number of hits from the inputted gene list.

760

761

762 **Figure 3. Distinct biological processes and cellular components are enriched for**  
763 **downregulated genes after acute sleep deprivation. (a)** Pathway analysis using the  
764 PANTHER:BP classification to perform ORA, pathways enriched for downregulated genes were  
765 identified. Cell adhesion is the most significantly enriched network (Adjusted P-value =  $2.91 \times 10^{-3}$ ). The cell adhesion network has been expanded to show the genes that are involved and  
766 downregulated after sleep deprivation. **(b)** Using Network Analyst software and the PANTHER:CC  
767 classification to perform ORA we identified enriched cellular components for genes  
768 downregulated after sleep deprivation. The dendrite and postsynaptic membrane are the most  
769 significantly enriched cellular components (Adjusted P-value =  $4.28 \times 10^{-7}$ ). The size of each node  
770 represents the number of hits from the inputted gene list.

772

773

774 **Figure 4. RT-qPCR validation of RNA sequencing results.** From an independent cohort of  
775 mice (n=6 in each group), RT-qPCR was used to validate the findings of chosen genes. **(a)** Four  
776 genes related to RNA binding proteins and/or splicing: *Cirbp* (P-value =  $1.9 \times 10^{-3}$ ), *Srsf7* (P-value  
777 =  $1.6 \times 10^{-3}$ ), *Tra2a* (P-value =  $3.0 \times 10^{-3}$ ), and *Upf2* (P-value = 0.0168); **(b)** three genes related  
778 to transcriptional activity: *Nfil3* (P-value = 0.0388), *Nr4a1* (P-value =  $1.0 \times 10^{-4}$ ), and *Erf* (P-value  
779 =  $2.6 \times 10^{-3}$ ); **(c)** four genes related to cellular signaling: *Pdgfrb* (P-value =  $3.2 \times 10^{-3}$ ), *Dusp5* (P-

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780 value =  $2.0 \times 10^{-4}$ ), *Dusp6* (P-value =  $2.0 \times 10^{-3}$ ), and *Ackr3* (P-value =  $2.8 \times 10^{-3}$ ); and **(d)** two  
781 genes related to cytoskeleton: *Filip1* (P-value =  $2.1 \times 10^{-3}$ ) and *Arc* (P-value < 0.0001). Data are  
782 presented as mean  $\pm$  SEM and normalized against two housekeeping genes (*Tubulin* and *Hprt*).  
783 Differences are significant at \* P  $\leq$  0.05, \*\* P  $\leq$  0.01, \*\*\* P  $\leq$  0.001, \*\*\*\* P  $<$  0.0001, and evaluated  
784 using an unpaired t-test.

785

786 **Figure 5. RT-qPCR analysis of chosen genes following recovery from sleep deprivation.**  
787 An independent cohort of mice were allowed to recover from acute sleep deprivation for 3 hours  
788 (n=7) and compared to non-sleep deprived mice (n=6) using RT-qPCR analysis. **(a)** Four genes  
789 related to RNA binding proteins and/or splicing: *Cirbp* (P-value = 0.0674), *Srsf7* (P-value =  
790 0.0356), *Tra2a* (P-value = 0.6881), and *Upf2* (P-value = 0.3009); **(b)** three genes related to  
791 transcriptional activity: *Nfil3* (P-value = 0.4402), *Nr4a1* (P-value = 0.0216), and *Erf* (P-value =  
792 0.8060); **(c)** four genes related to cellular signaling: *Pdgfrb* (P-value = 0.1771), *Dusp5* (P-value  
793 = 0.3339), *Dusp6* (P-value = 0.1915), and *Ackr3* (P-value = 0.0565); and **(d)** one related to  
794 cytoskeleton: *Filip1* (P-value = 0.3342). Data are presented as mean  $\pm$  SEM and normalized  
795 against two housekeeping genes (*Tubulin* and *Hprt*). Differences are significant at \* P  $<$  0.05 and  
796 evaluated using an unpaired t-test. n.s. denotes non-significant differences (P  $>$  0.05).

797

798 **Figure 6. Acute sleep deprivation causes distinct transcriptome and translatome patterns.**  
799 **(a)** We compared the top RNA-seq genes (1,146 genes) to our previously generated TRAP-Seq  
800 sleep deprivation results (265 genes) and identified 1,035 genes only identified as differentially  
801 expressed using RNA-seq (transcriptome), 154 genes only identified as differentially expressed  
802 using TRAP-Seq (translatome), and 111 genes found in both. **(b)** Using Network Analyst software  
803 and the Gene Ontology (GO): Molecular Function (MF) classification, pathways enriched for  
804 genes found using both RNA-seq and TRAP-Seq. The most significant pathway was Protein  
805 kinase inhibitor activity (P-value =  $2.01 \times 10^{-3}$ , Adjusted P-value = 0.366) and this network has

## Sleep deprivation alters hippocampal transcriptome

806 been expanded to show the genes that are transcribed and translated after sleep deprivation. **(c)**  
807 Using Network Analyst software and the GO:MF classification, pathways enriched for genes found  
808 using only RNA sequencing. The most significant pathway was Rho guanyl nucleotide exchange  
809 factor activity (P-value =  $3.07 \times 10^{-4}$ , Adjusted P-value = 0.119) and this network has been  
810 expanded to show the genes that are involved and transcribed after sleep deprivation. **(d)** Using  
811 Network Analyst software and the GO:MF classification, pathways enriched for genes found using  
812 only TRAP-Seq. The most significant pathway was Unfolded protein binding (Adjusted P-value =  
813 0.021) and this network has been expanded to show the genes that are involved and translated  
814 after sleep deprivation. Networks that survive correction for multiple testing (Adjusted P-value <  
815 0.05) are emphasized with dark pink. The size of each node represents the number of hits from  
816 the inputted gene list.

817

818

### 819 Additional Information

820

### 821 Additional File 1:

822 **Figure S1. Normalization of RNA sequencing data.** Distributional differences in GC content  
823 and variability in sequencing depth are sources of technical variability in RNA Sequencing data.  
824 GC content distributions **(a)** before normalization, **(b)** after full quantile GC content normalization,  
825 and **(c)** upper quartile sequencing depth normalization. Relative log expression (RLE) plots **(d)**  
826 before normalization, **(e)** after full quantile GC content normalization, and **(f)** upper quartile  
827 sequencing depth normalization. Principal component analysis (PCA) plots **(g)** before  
828 normalization, **(h)** after full quantile GC content normalization, and **(i)** upper quartile sequencing  
829 depth normalization.

830

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831 **Figure S2. Validation of negative controls.** From an independent cohort of mice (n=6 in each  
832 group), RT-qPCR was used to validate the findings of negative control genes that showed no  
833 differential expression in the RNA sequencing results. **(a)** *Lama5* (P-value = 0.9393), **(b)** *Fzd5* (P-  
834 value = 0.1573), and **(c)** *Trpm3* (P-value = 0.5076). Data are presented as mean  $\pm$  SEM and  
835 normalized against two housekeeping genes (*Tubulin* and *Hprt*). Comparisons are evaluated  
836 using an unpaired t-test and n.s. denotes non-significant differences (P > 0.05).

837

838 **Additional File 2:**

839 **Table S1: RT-qPCR primers used.** Validation of RNA-seq results was performed using RT-  
840 qPCR, SYBR technology, and custom designed primers.

841

842 **Table S2: Genes significantly upregulated by sleep deprivation.** We compared non-sleep  
843 deprived and sleep deprived mice and identified 507 genes with a false discovery rate (FDR) <  
844 0.1 that were upregulated after sleep deprivation. Gene types include antisense, bidirectional  
845 promoter long non-coding RNA (lncRNA), long intergenic non-coding RNA (lincRNA), processed  
846 transcript, protein coding, Small Cajal body-specific RNA (scaRNA), to be experimentally  
847 confirmed (TEC), transcribed processed pseudogene, transcribed unprocessed pseudogene,  
848 unitary pseudogene, and unprocessed pseudogene. LogFC denotes Log Fold Change, LogCPM  
849 denotes Log Counts Per Million, and F denotes the F-statistic from edgeR's quasi-likelihood  
850 pipeline.

851

852 **Table S3: Enrichment networks in upregulated genes using PANTHER:BP.** We used  
853 Network Analyst software and the PANTHER:Biological Processes (BP) classification to perform  
854 overrepresentation analysis (ORA) and identified 16 pathways enriched for upregulated genes.  
855 Hits represent the number of upregulated genes found in each network.

856

## Sleep deprivation alters hippocampal transcriptome

857 **Table S4: Cellular components enriched in upregulated genes using Panther:CC.** We used  
858 Network Analyst software and the PANTHER: Cellular Components (CC) classification to perform  
859 overrepresentation analysis (ORA) and identified 10 networks enriched for upregulated genes.  
860 Hits represent the number of upregulated genes found in each network.

861

862 **Table S5: Genes significantly downregulated by sleep deprivation.** We compared sleep  
863 deprived and undisturbed mice and identified 639 genes with an FDR < 0.1 that were  
864 downregulated after sleep deprivation. Gene types include antisense, bidirectional promoter  
865 lncRNA, lincRNA, microRNA, processed pseudogene, processed transcript, protein coding,  
866 sense intronic, TEC, transcribed processed pseudogene, and transcribed unprocessed  
867 pseudogene. LogFC denotes Log Fold Change, LogCPM denoted Log Counts Per Million, and F  
868 denotes the F-statistic from edgeR's quasi-likelihood pipeline.

869

870 **Table S6: Enrichment networks in downregulated genes using PANTHER:BP.** We used  
871 Network Analyst software and the PANTHER:BP classification to perform ORA and identified 19  
872 pathways enriched for downregulated genes. Hits represent the number of downregulated genes  
873 found in each network.

874

875 **Table S7: Cellular components enriched in downregulated genes using PANTHER:CC.** We  
876 used Network Analyst software and the PANTHER:CC classification to perform ORA and  
877 identified 19 networks enriched for upregulated genes. Hits represent the number of  
878 downregulated genes found in each network.

879

880 **Table S8: Comparison of differentially expressed genes after sleep deprivation between**  
881 **whole hippocampal transcriptome and TRAP-Seq from excitatory neurons.** To identify the  
882 sleep deprivation transcriptome and translatome we compared RNA-seq and TRAP-Seq

## Sleep deprivation alters hippocampal transcriptome

883 datasets. The first column shows 1,035 differentially expressed genes only found using RNA  
884 sequencing, the second column shows 111 differentially expressed genes found in both RNA  
885 sequencing and TRAP-Seq, and the third column shows 154 differentially expressed genes only  
886 found using TRAP-Seq. Lists are sorted alphabetically.

887

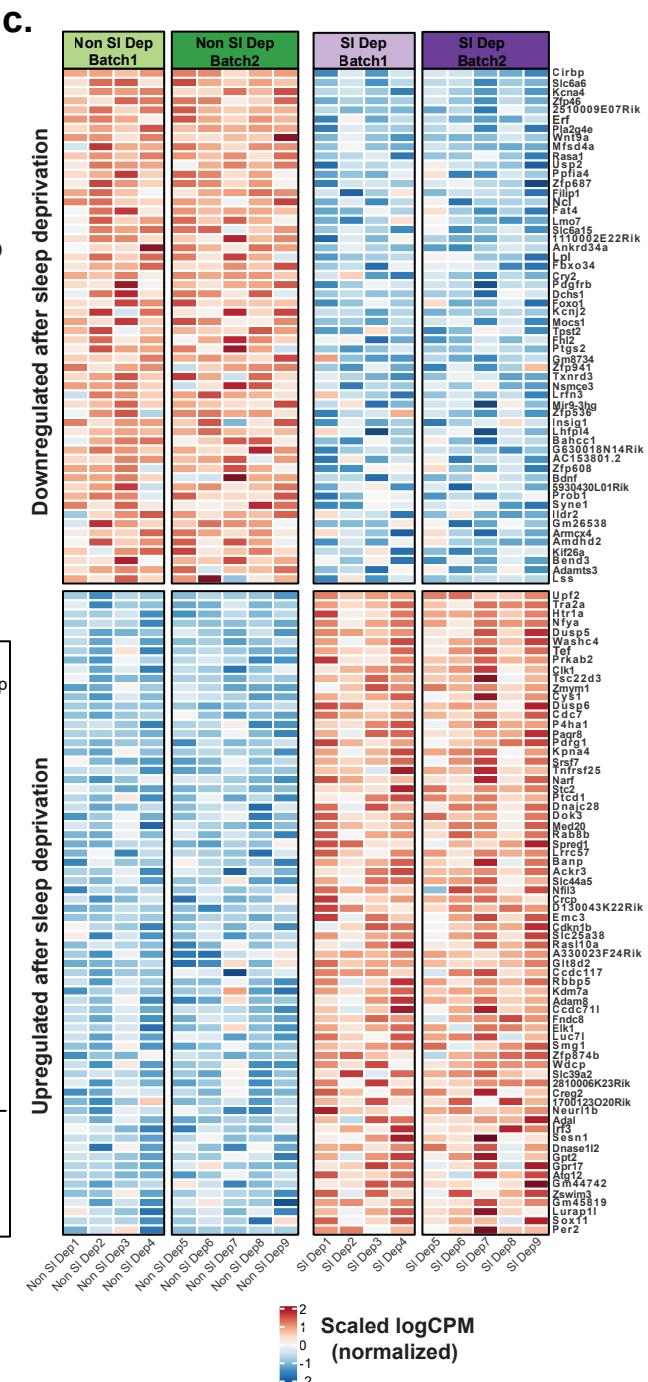
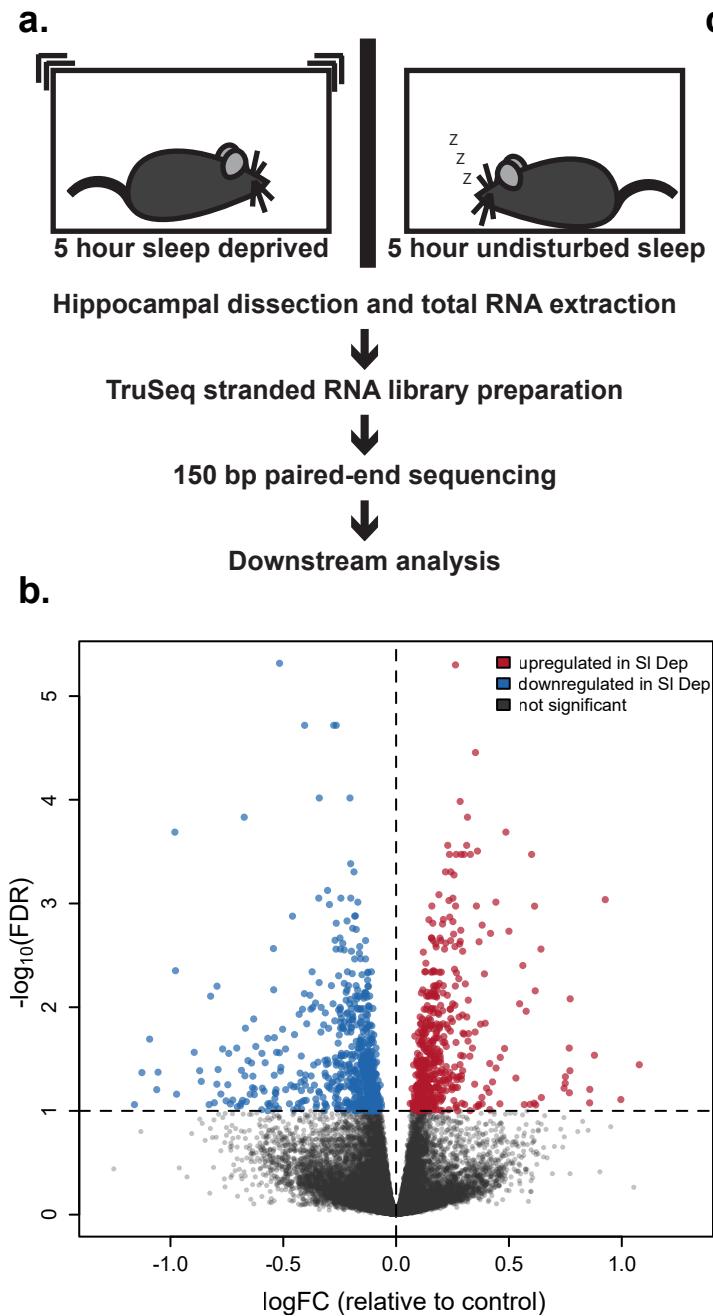
888 **Table S9: Molecular function networks enriched in genes significantly affected by sleep**  
889 **deprivation in RNA-seq and TRAP-Seq data sets using GO:MF.** We used Network Analyst  
890 software and the Gene Ontology (GO): Molecular Function (MF) classification to perform ORA  
891 and identified 18 networks enriched for genes differentially expressed using RNA-seq and TRAP-  
892 Seq. Hits represent the number of genes found in each network.

893

894 **Table S10: Molecular function networks for genes differentially regulated by sleep**  
895 **deprivation only in whole hippocampal transcriptome using GO:MF.** We used Network  
896 Analyst software and the Gene Ontology (GO): Molecular Function (MF) classification to perform  
897 ORA and identified 27 networks enriched for genes only differentially expressed using RNA  
898 sequencing. Hits represent the number of genes found in each network.

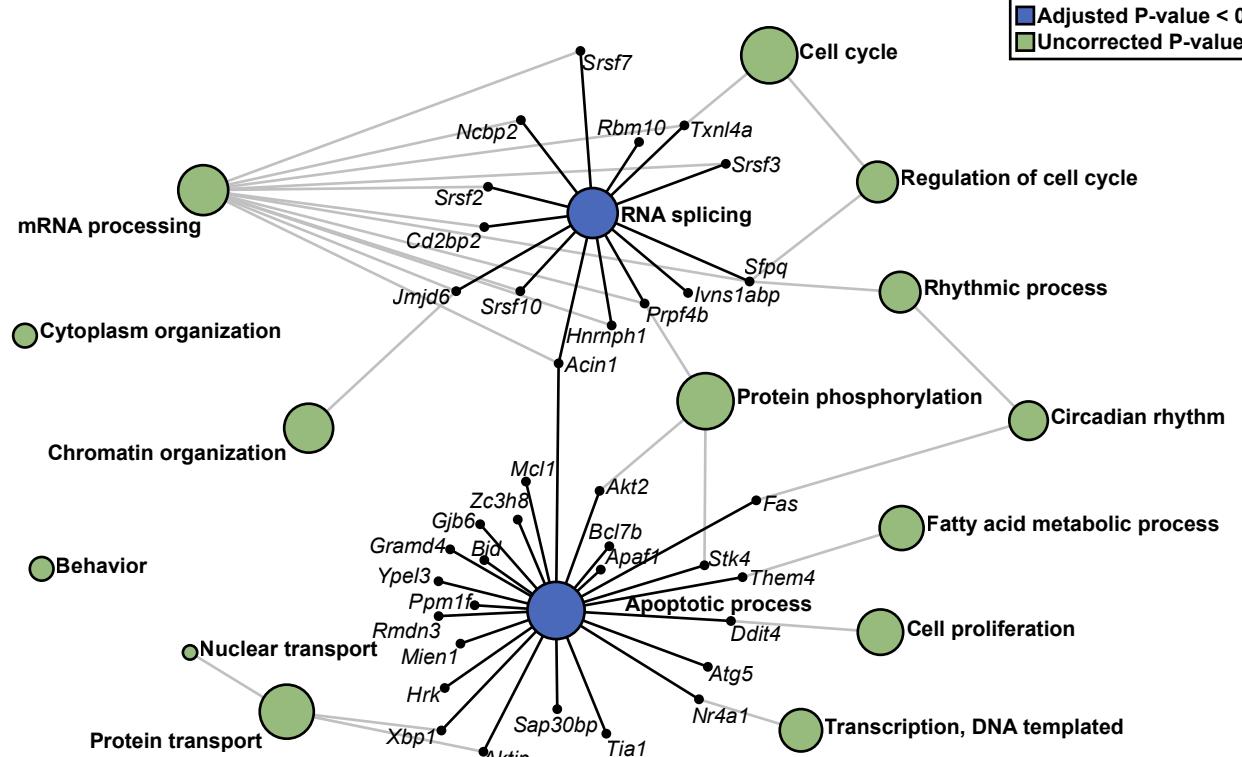
900

901 **Table S11: Molecular function networks for genes differentially regulated by sleep**  
902 **deprivation only in the TRAP-Seq data set using GO:MF.** We used Network Analyst software  
903 and the GO:MF classification to perform ORA and identified 12 networks enriched for genes  
904 differentially expressed using only TRAP-Seq. Hits represent the number of genes found in each  
905 network.



**Figure 1**

### a. Biological processes upregulated after sleep deprivation



### b. Cellular components upregulated after sleep deprivation

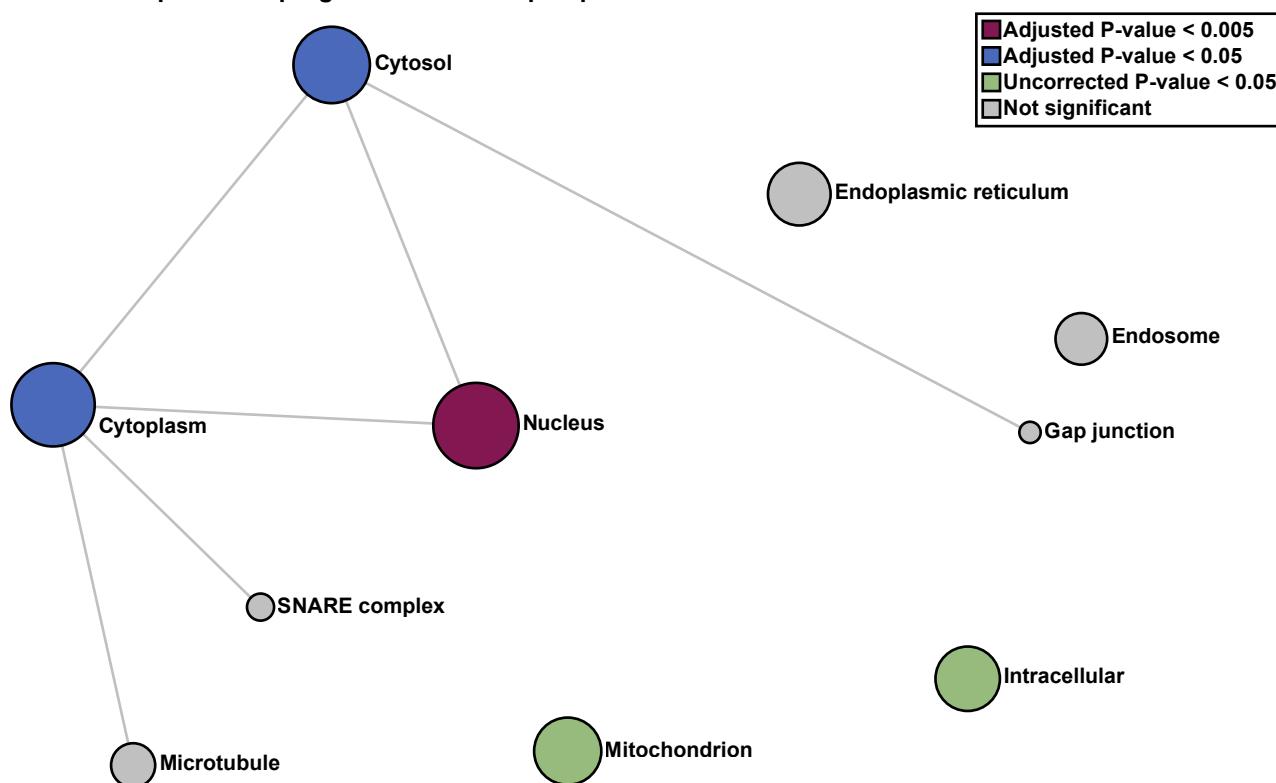
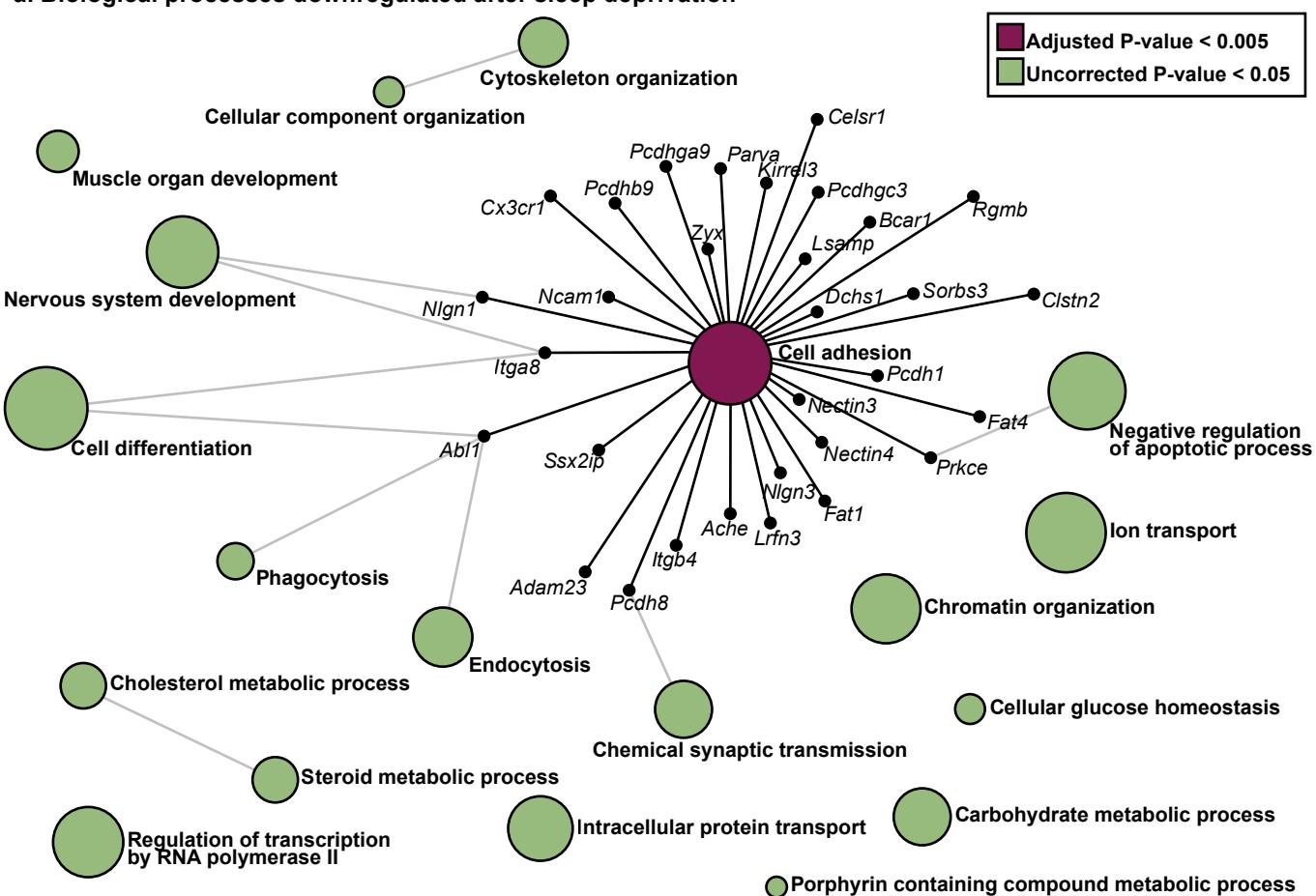


Figure 2

### a. Biological processes downregulated after sleep deprivation



### b. Cellular components downregulated after sleep deprivation

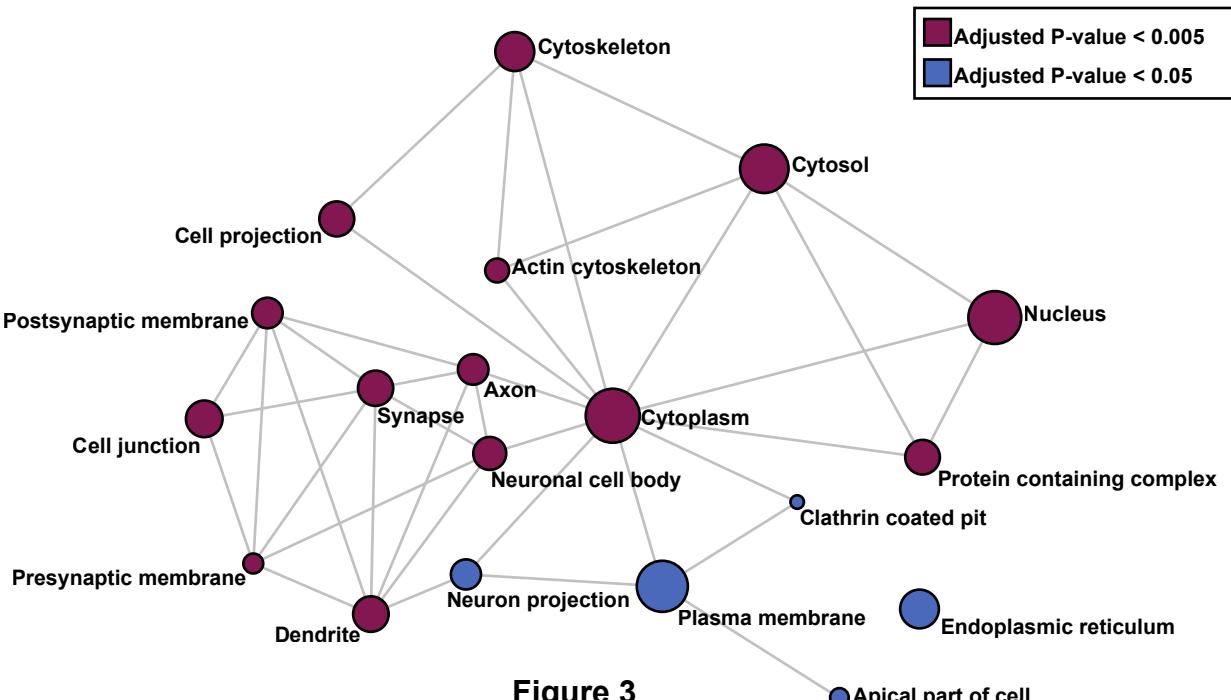
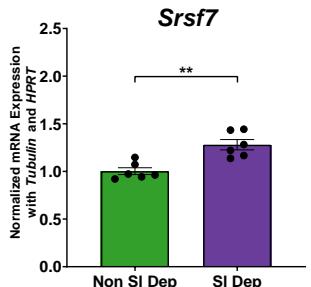
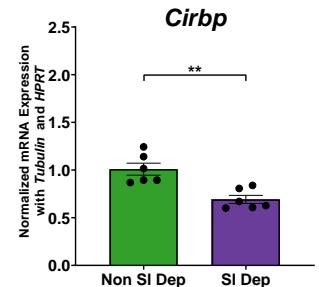
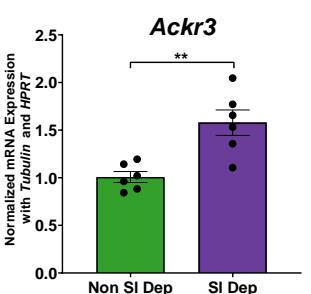
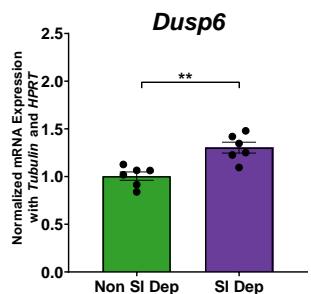
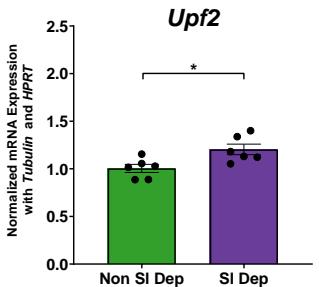
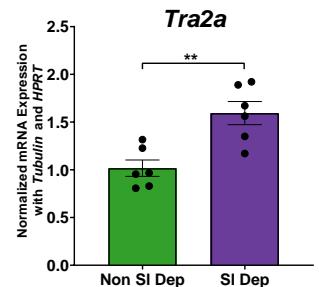
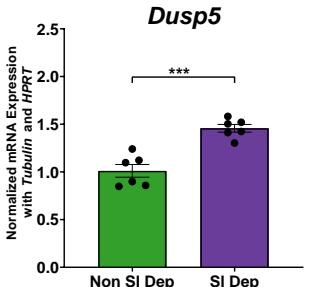
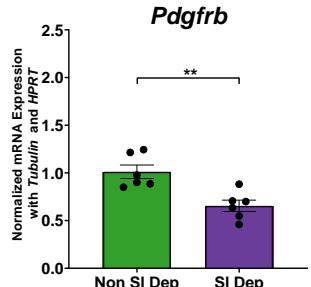


Figure 3

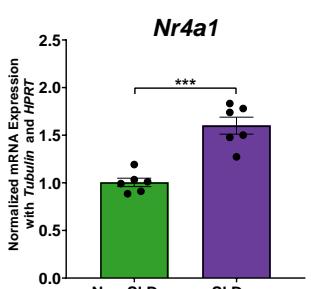
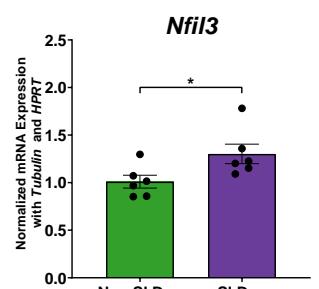
### a. RNA binding protein/splicing



### c. Cellular signaling



### b. Transcriptional activity



### d. Cytoskeleton

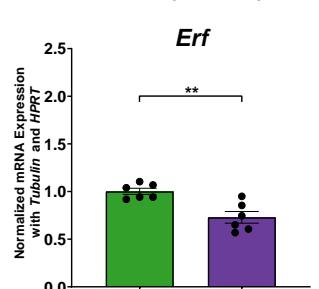
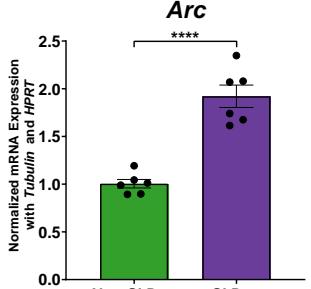
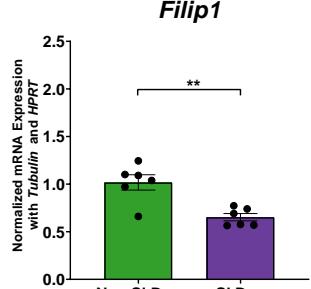
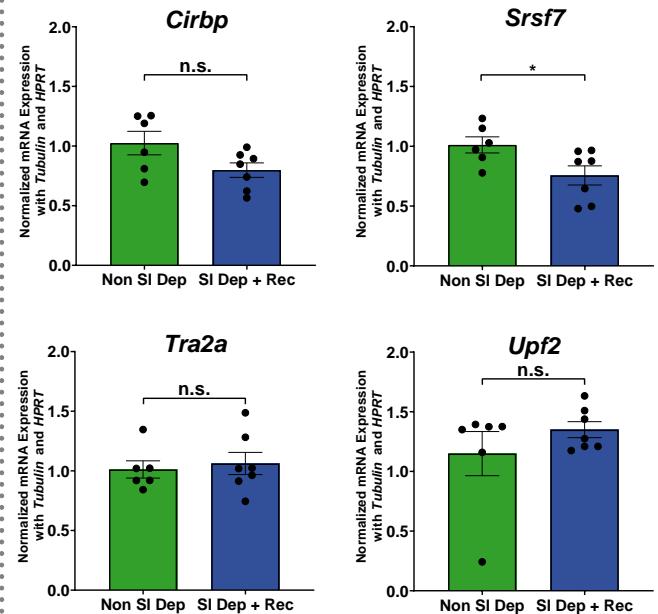
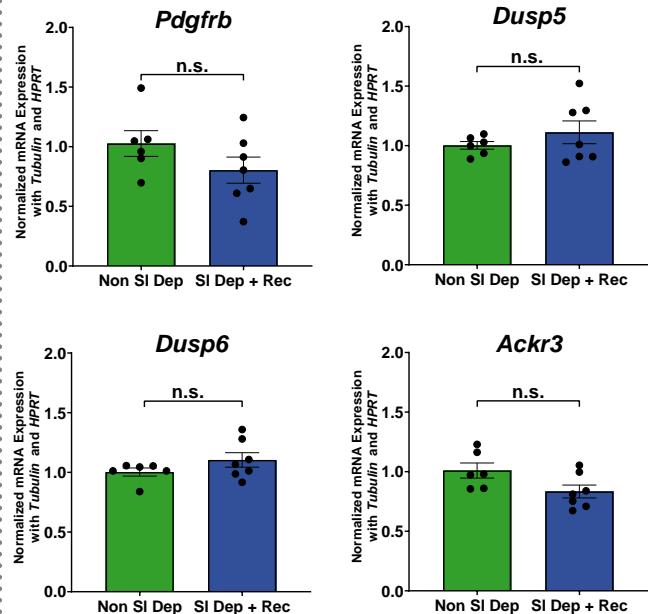


Figure 4

### a. RNA binding protein/splicing



### c. Cellular signaling



### b. Transcriptional activity

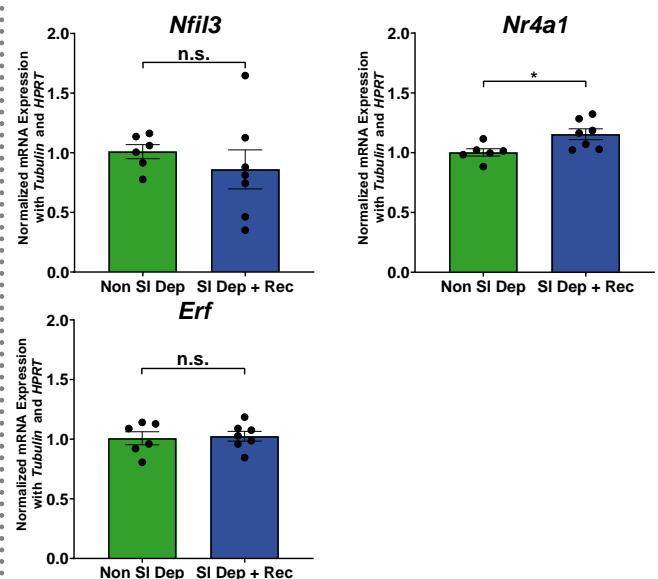
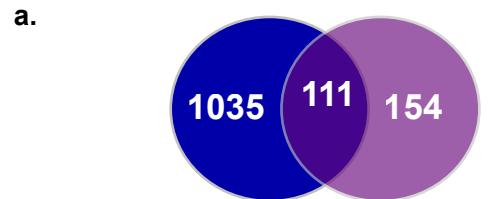
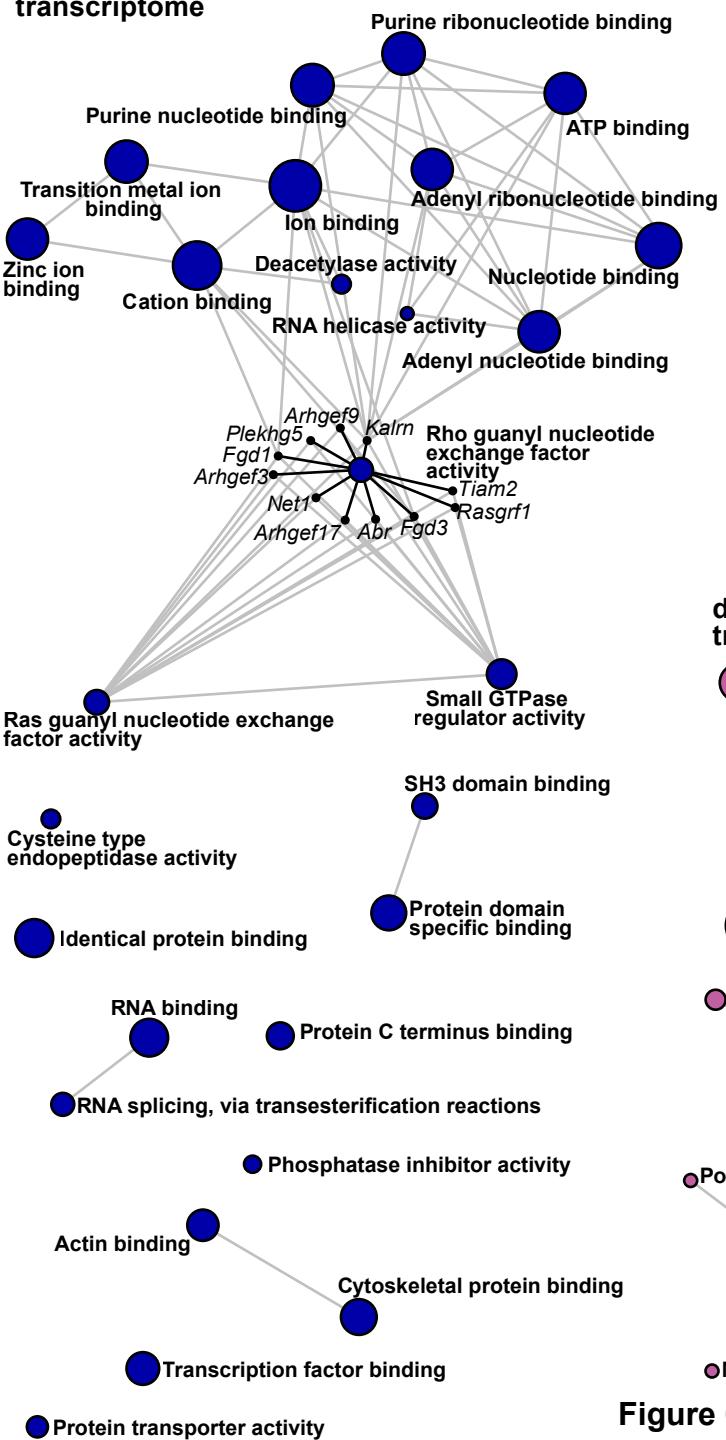


Figure 5

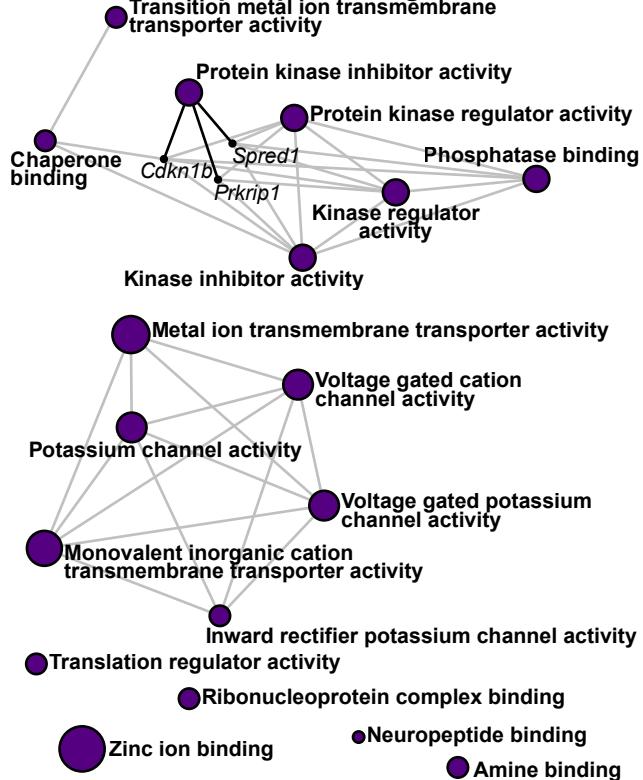
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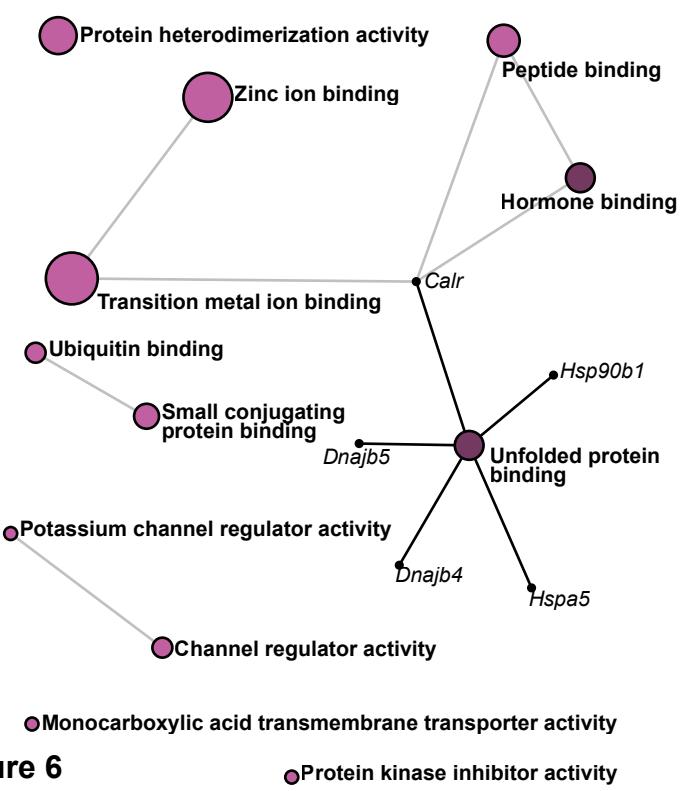
**c. Pathways enriched in the sleep deprivation transcriptome**



**b. Pathways enriched for transcriptome and translatome sleep deprivation genes**



**d. Pathways enriched in the sleep deprivation translatome**



**Figure 6**