**Pineal gland**
produces *melatonin*, which helps regulate sleep–wake cycles.

**Hypothalamus**
brain structure that controls the pituitary gland; links nervous system and endocrine system.

**Pituitary gland**
regulates activities of several other glands; produces *growth hormone*, *prolactin*, and *oxytocin*.

**Thyroid gland**
controls body metabolism rate.

**Adrenal glands**
(adrenal cortex and adrenal medulla) produce *epinephrine* (adrenaline) and *norepinephrine*, which cause physical arousal in response to danger, fear, anger, stress, and other strong emotions.

**Pancreas**
regulates blood sugar and insulin levels; involved in hunger.

**Ovaries**
secrete *estrogen* and *progesterone*, which regulate female sexual development and reproduction and influence sexual behavior.

**Testes**
secrete *testosterone*, which regulates male sexual development and reproduction and influences sexual behavior.