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[Decreased sunlight can cause drops in your body's production of serotonin, a brain chemical that helps to determine mood.](#) Lack of light can also alter the brain's balance of melatonin, a chemical produced during the hours of darkness that helps to govern sleep patterns and mood.

[The Dangers of Winter Darkness: Weak Bones, Depression and Heart ...](#)

[smithsonianmag : science-nature : danger s-winter-darkness-wea...](#)

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[We are affected a great deal by being more tired.](#) And it's very much due to our physiological processes in the body. The sleep hormone we have called melatonin is secreted in the body when it's dark.

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[How the body is affected by sleep deprivation and darkness](#)

[umu.se : feature : how-the-body-is-affected-by-sleep-deprivation-an...](#)

[2ahUKEwi-I_-qjdCDAXUdiO4BHSJHD9gQzmd6BAgBEA4](#)

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4 podem estar ausentes. Veja PlayStation/bc para mais detalhes. As funcionalidades requerem uma conta e estão sujeitas aos termos de privacidade