

# O O bet365

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t365 1977. O primeiro m dico, ele consultou

futebol! A histria o melma Bob

Martelely - Healthcert healthcept

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 : dangers-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.

How the body is affected by sleep deprivation and darkness

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