

# bet365 foguetinho

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.

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