

Intuneric, banane sau ochelari albastri?

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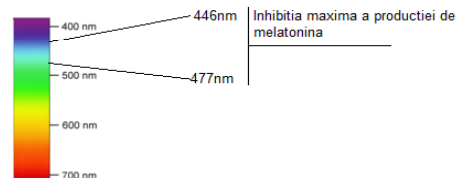
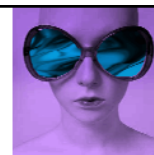
Melatonina-hormonul somnului



Alimente ce contin melatonina

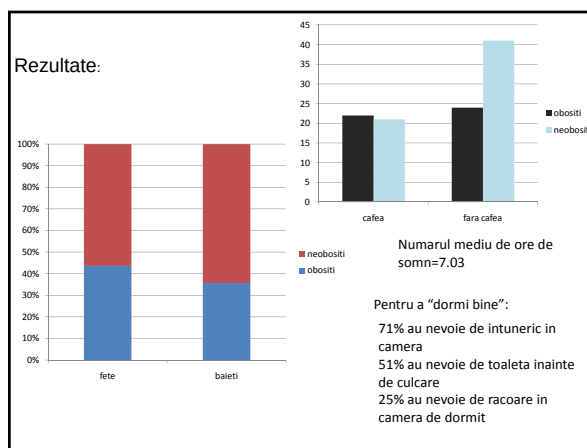
Ochelarii albastri

- Brainard et al, 2001
- Kayumov et al, 2005



Scop:
Verificarea acestor ipoteze

Materiale si metode:
113 subiecti (71 fete)
Varsta: 18-55 ani



Concluzii:

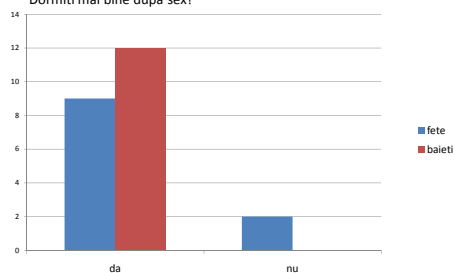
- Intuneric
- Program regulat de somn
- Mers la toaleta inainte de culc
- Muzica sau lectura preferata inainte de somn
- Consum redus de cafea



Sexul

- 23 de respondenti(12 baieti)

Dormiti mai bine dupa sex?



Somn usor!