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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 : 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

umu.se : feature : how-the-body-is-affected-by-sleep-deprivation-an...

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Toque para aumentar

The Righteous Brothers é uma dupla musical americana orginalmente formada por Bill Medley e Bobby Hatfield, mas agora é composta por Medley e Bucky Heard. Os dois artistas faziam parte de um grupo de cinco membros chamado Paramours, e adotaram o nome atual depois que se separaram e tornaram uma dupla.

A música, You ve Lost That Lovin Feelin , foi lançada aplic