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Wikipedia, a encyclopedia

Windows of the Seas Land

2024 Ocean Opera

o reforado com gelo que acomoda at 162. passageiro e 77 categorias da cabine

Navio cruiseiro ; vantagem

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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