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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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Requisitos do sistema n OS \*: Windows Vista SP2 ou Windows 7. O Windows

XP n#227;o #233;

do. Processador: Intel Core2 #127772; Duo E8200 2.66 GHz ou AMD Phenom X3 8750 2.4 GHz. Mem#243;ria: 2 GB para SO de 32 bits ou 4 #127772; GB de OS de 64 bits. Call of Duty: Black Ops II na Loja

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on#237;veis, Europa Cassino cobre todas as bases para jogadores sul-africanos. Algumas das