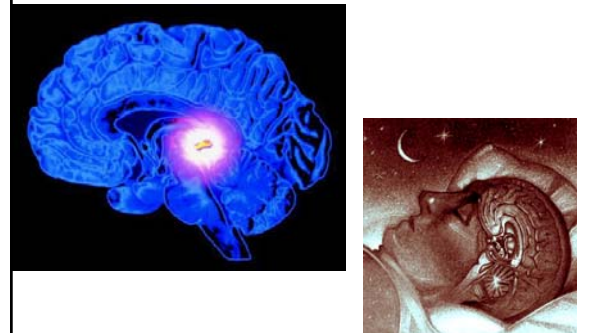


Intuneric, banane sau ochelari albastri?



Liana Nedescu
UMF "Carol Davila", anul III


Melatonina-hormonul somnului



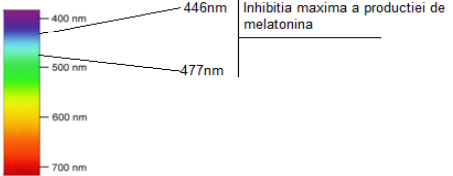
Alimente ce contin melatonina



Ochelarii albastri



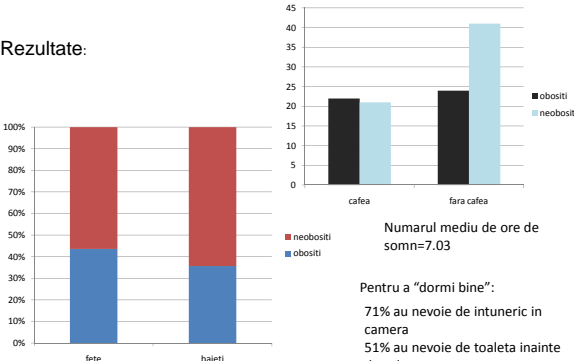
- Brainard et al, 2001
- Kayumov et al, 2005




Scop:
Verificarea acestor ipoteze

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

Rezultate:



Numarul mediu de ore de somn=7.03

Pentru a "dormi bine":
71% au nevoie de intuneric in camera
51% au nevoie de toaleta inainte de culcare
25% au nevoie de racoare in camera de dormit

Concluzii:

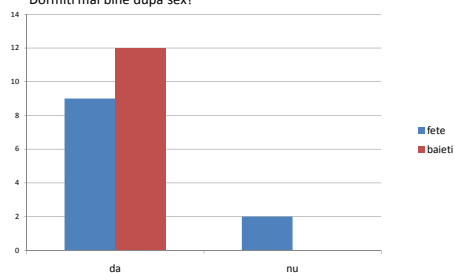
- Intuneric
- Program regulat de somn
- Mers la toaleta inainte de culc
- Muzica sau lectura preferata inainte de somn
- Consum redus de cafea



Sexul

- 23 de respondenti(12 baieti)

Dormiti mai bine dupa sex?



Somn usor!