



Cruising Review

sleep

Sleep: Publications and Research from
SwissMixIt

Structured Data



This webpage QR code

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PDF Version of the webpage (first pages)

Sleep Botanical Information

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems.

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Keywords: melatonin, wine, beer, polyphenols, free radical, dreaming, emotions, sleep quality, good sleepers, poor sleepers, sleep hygiene, public health, caffeine, nicotine, alcohol, exercise, stress, noise, sleep timing, napping, sleep deprivation, sleep rebound, oxidative stress, glutathione recycling, resistance to disease, REM sleep, Free radicals, Hypothalamus, Midbrain, Hindbrain, triphlorethol A, phlorotannins, marine polyphenols, sleep, EEG, hypnotic, transdermal melatonin, daytime sleep, sleep maintenance, hypnotic, EEG spectra, circadian wake drive, body temperature, alertness, copper oxide, pillowcases, skin, lifting, brightness, clinical study, Cancer incidence, Sleep duration, Categorical meta-analysis, Dose-response meta-analysis, sleep, academic performance, students, pharma
