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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 : danger  
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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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