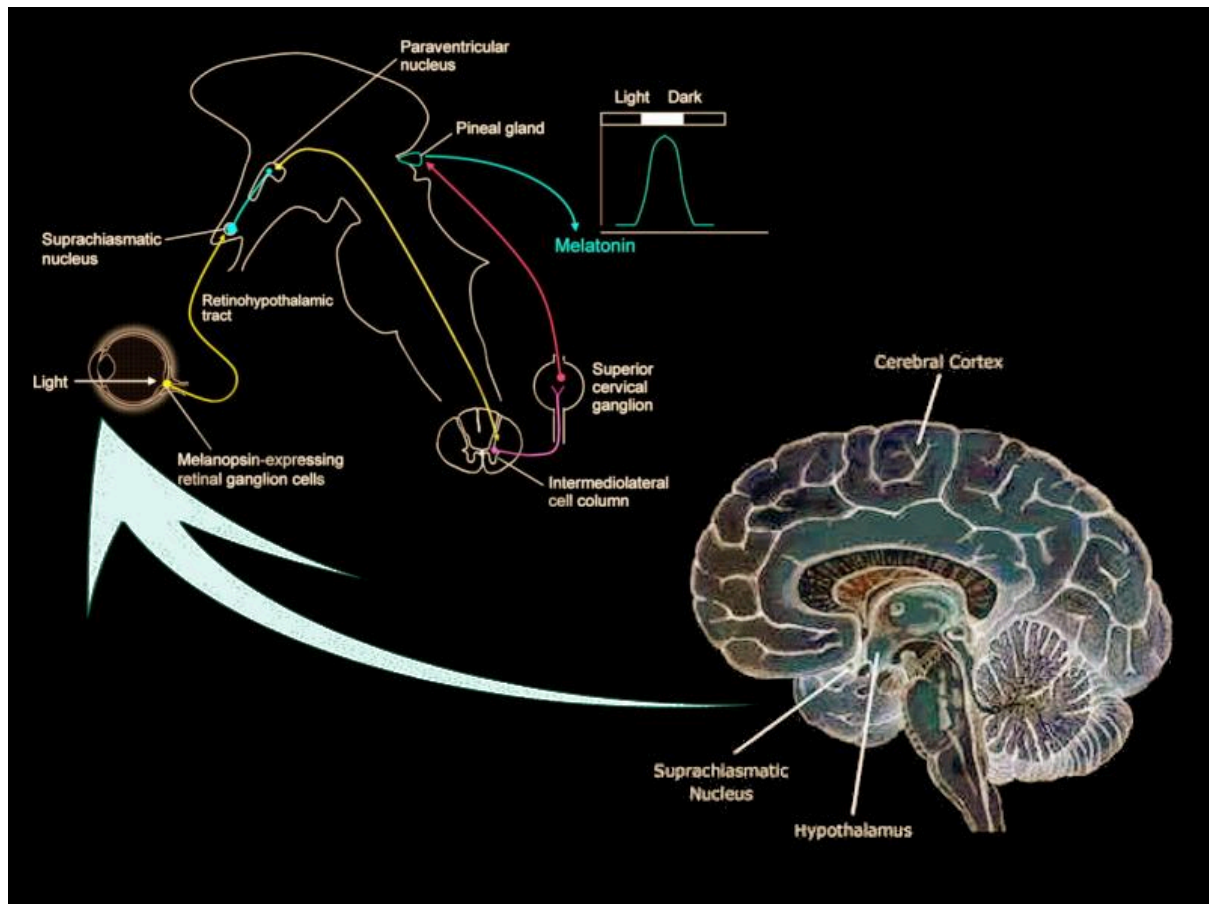


La Vie en 2.0. ShowNotes

Comment mieux dormir?

Les fondements biologiques des rythmes circadiens

- Circadian rhythms – from genes to physiology and disease
<https://doi.org/10.4414/smw.2014.13984>



Suprachiasmatic nucleus Image courtesy O.Chaigasame –CC BY-NC-ND 4.0

Les effets de la lumière sur le sommeil

- Effects of light on human circadian rhythms, sleep and mood
<https://doi.org/10.1007/s11818-019-00215-x>

L'effet de l'orientation de la source de lumière

- The effect of light directionality on alertness and cognitive performance during post-lunch dip - <https://doi.org/10.1177/147715352412370>

Résumé du NIH sur la mélatonine

- <https://www.nccih.nih.gov/health/melatonin-what-you-need-to-know#:~:text=Melatonin%20is%20a%20hormone%20that,night%20can%20block%20melatonin%20production.>