# top 10 cassinos

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lt;div>Decreased sunlight can cause drops in your body's production of se
rotonin, a brain chemical that helps to determine mood. <span>Lack of ligh
t can also alter the brain's balance of melatonin, a chemical produced durin
g the hours of darkness that helps to govern sleep patterns and mood</span&gt
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><div>We are affected a great deal by being <span>more tired</
span>. 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.</div></div></div></div></div><div>&l
t;/div><div><a data-ved="2ahUKEwi-l_-qjdCDAxUdiO4BHSJHD9gQFnoEC
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e body is affected by sleep deprivation and darkness</span></div>&lt
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