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What is melatonin? Melatonin is a naturally occurring hormone, as well as

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a supplement. Learn more about taking melatonin for sleep & other health benefits.

A Beginner's Guide to Melatonin

Static stretches, like bending over and touching your toes, can benefit your overall health by preventing injury and improving posture. We spoke to a

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physical therapist and a certified trainer to ...

9 of the best static stretches to improve flexibility, posture, and mobility

Dr Michael Mosley is a doctor known for his books on health and wellbeing. Having just released one on sleep, we

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pick his brains about how to get more of it.

Why one disrupted night's sleep will affect every part of your body

According to the study published in the European Heart Journal, unconscious wakefulness can increase the risk of early death in women.

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This Sleep Habit Doubles the Risk of Early Death in Women, Says Study

The busy person — as well as the idle — will be delighted to learn that there has been scientific research into an important question: whats the least amount of exercise you can get away with without ...

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What's the least you can do and still be healthy? The lazy exercise guide

Streams and rivers emit large amounts of carbon dioxide into the atmosphere, but a new study published in Nature ... carbon dioxide emissions during the night were greater than during the day.

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Streams and rivers emit more carbon dioxide at night than day

a new study has found. Specifically, sleeping less than six hours a night in midlife can raise the risk of dementia -- the loss of cognitive functioning, like thinking, remembering and reasoning ...

Sleeping less than 6 hours a night

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raises risk of dementia 30%, study finds

The Southern Shakespeare Festival returns after a year off. Here's where, when and how to catch "Twelfth Night" and all the fun.

The ultimate guide to Tallahassee's Southern Shakespeare Festival

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2021: 'Twelfth Night'

“There’s no evidence to suggest he would have died that night, except for the interactions ... In another exchange, Mr. Nelson asked Dr. Thomas about a study in Canada that analyzed about ...

Drugs and Heart Disease Were ‘Not Direct Causes’ of Floyd’s Death,

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Medical Examiner Says

Last night's "Study Buddy" sketch saw McKinnon's Josh call his wingman, Bryant's Jason, while the former is on a study date with "the Beyoncé of science class" (played by host Carey ...

Watch Aidy Bryant, Carey Mulligan Almost Break in SNL Study Buddy

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Sketch

Eating snacks and unhealthy food at night may cause an immediate, observable impact on your life by reducing your work performance the next day. That's according to a new study from North ...

Eating late-night snacks may hurt

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your work performance

Although not as well known as the nearby Bisti Badlands, Ah-Shi-Sle-Pah is a vast, hoodoo-dominated collection of weird and wild rock formations. “It’s a wilderness area that’s really a badlands ...

Ah-Shi-Sle-Pah Wilderness a

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stunning locale with wild rock formations and spectacular night skies

Kyrsten Sinema, who's more immovable. One reason that Sinema doesn't get as much attention as Manchin is that she, unlike he, is capable of not holding a 10-minute conversation any time a reporter ...

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Slate's guide to the most important figures in politics this week.

Paragonix Technologies announced the presentation of the First Report of the GUARDIAN Registry¹ at the International Society for Heart and Lung Transp ...

Improved Clinical Outcomes for

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Heart Transplant Recipients Announced From International Study on Paragonix SherpaPak[®] CTS

from a 9 a.m. start time to around 8 a.m. Over the course of the study, researchers found the teenagers got more sleep — around 30 minutes each night for middle school students and 45

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minutes ...

Colorado study finds later school start times lead to more sleep for teens

As an on-island researcher and tribal member, he helps University of Alaska Fairbanks researchers collect data—a common practice during the pandemic.

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In 2020, Covid-19 travel restrictions made field ...

University of Alaska Fairbanks researchers partner with tribal sentinels to study seabirds during pandemic

Consistently getting a bad night's sleep may lead to an unsatisfactory sex life for

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many older women, a new study finds. In fact, women who slept poorly were nearly twice as likely to report ...

Poor sleep nearly doubles risk of sexual dysfunction in women, study says

Motivated by heated local discussion of the issue, Chico State researchers

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designed a study of whether two measures ... as people typically stay in the shelter all night, he said.

Chico State study finds Safe Space shelter didn't impact neighborhood crime

If you feel the need to sprawl out and stretch after a long car ride or a good

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night's sleep ... Latest research: A small 2018 study found static hamstring stretches helped reduce stiffness ...

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