

Cirkadiánní rytmus

Metodologie a reference

Metodologie - vlastní zpracování na základě

1 Advances in understanding the peripheral circadian clocks, 2012

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3425819/>

2 Circadian rhythms, time-restricted feeding, and healthy aging, 2017

<https://www.sciencedirect.com/science/article/abs/pii/S1568163716303014>

Další reference:

1 Shift Workers Have Higher Blood Pressure Medicine Use, But Only When They Are Short Sleepers: A Longitudinal UK Biobank Study

<https://www.ahajournals.org/doi/10.1161/JAHA.119.013269>

2 Circadian Rhythms

<https://www.nigms.nih.gov/education/fact-sheets/Pages/circadian-rhythms.aspx>

3 Addressing the health impacts of night shift work, 2020

<https://blog.policy.manchester.ac.uk/posts/2020/07/addressing-the-health-impacts-of-night-shift-work/>

4 Circadian Misalignment Induced by Chronic Night Shift Work Promotes Endoplasmic Reticulum Stress Activation Impacting Directly on Human Metabolism, 2021

<https://pubmed.ncbi.nlm.nih.gov/33807589/>

5 The Future of Shift Work: Circadian Biology Meets Personalised Medicine and Behavioural Science

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7426458/>

6 Shift work and overall and cause-specific mortality in the Danish nurse cohort

https://www.jstor.org/stable/26386129?casa_token=vaJ7UqJMZY8AAAAA%3AafK0f5aBBDC2F2uLSFluLue5jia1kCNtvWY5mBWmUNPp_vEZvqqWa532la4F4ZXZpl50u0aMzyFUQGEVSFA-6H-w-UzIGqrkSnnKgs12gvyR5w_HA

7 Total and Cause-Specific Mortality of U.S. Nurses Working Rotating Night Shifts

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4339532/>

8 Circadian misalignment increases cardiovascular disease risk factors in humans

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4790999/>

9 A Narrative Review of the Carcinogenic Effect of Night Shift and the Potential Protective Role of Melatonin

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10416670/>

10 Lifestyle Factors in the Association of Shift Work and Depression and Anxiety

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2808248>

11 Benefits and adverse events of melatonin use in the elderly

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8796282/>

12 Neurobiology, Pathophysiology, and Treatment of Melatonin Deficiency and Dysfunction

<https://www.hindawi.com/journals/tswj/2012/640389/>

13 Night shift work and modifiable lifestyle factors

<https://pubmed.ncbi.nlm.nih.gov/25218108/>

14 Personalized medicine and circadian rhythms: Opportunities for modern society

<https://rupress.org/jem/article/217/6/e20200702/151791/Personalized-medicine-and-circadian-rhythms>