



A REVIEW ARTICLE ON THE ROLE OF MEDITATION IN QUALITY OF NINDRA

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ABSTRACT: -

Intense meditation practices help to achieve a harmony between body and mind. Meditation practices influence brain functions, induce various intrinsic neural plasticity events, modulate autonomic, metabolic, endocrine, and immune functions and thus mediate global regulatory changes in various behavioural states including sleep. Ahara, nidra, and brahmacharya are the three key pyramids of life as per the old Ayurvedic messages, and they all have a fundamental impact in safeguarding human wellbeing. Nidra feeds the body and assists us with keeping away from infection by diminishing pressure. When polished routinely, nidra may assist an individual with carrying on with a long and solid life, hold their memory and insight as they age, and work on their appearance, voice, and generally wellbeing. As well as switching infection processes and forestalling repeat, nidra may assist with supporting an individual's safe framework so he can try not to contract disease. Anidra alludes to the variety of clinical states welcomed on by nidra inadequacy (essential a sleeping disorder). Constant a sleeping disorder, otherwise called optional or tertiary sleep deprivation, is a side effect of chronic frailty that might prompt mental hardships like separation from the real world (dreams), neurosis, and pipedreams. There is an expanded gamble of cardiovascular ailment in those with poor psychological well-being a direct result of its effect on the cardiovascular framework. For both mental and actual prosperity, nidra is a significant instrument.

KEYWORDS: - Meditation, Ahara, nidra, brahmacharya, cardiovascular, psychological.

INTRODUCTION: -

Meditation practices have been a life style practiced in India thousands of years ago. Capable reflective practices help to coordinate the cerebrum capabilities, control different physiological components bringing about a condition of mental and actual prosperity. Investigations of long-haul supernatural contemplation (TM) professionals have shown that TM assisted with accomplishing a condition of "serene readiness" a condition of profound physiological rest which was related with times of respiratory suspension without compensatory hyperventilation, diminished pulse, elevated galvanic skin reaction alongside upgraded alertness. This tranquil sharpness and hypometabolic state were accepted to be the result of physiological and biochemical changes achieved by contemplation rehearses. Overall, an individual spends almost 33% of their lives in sleep. Getting sufficient quality rest is helpful to wellbeing and joy. Rest is answerable for different basic physiological changes to keep up with ideal wellbeing and execution. In Ayurveda, rest, or nidra, is

significant to keeping a solid and cheerful presence. It is one of the three major helper support points (trayopastambhas) whereupon an individual's wellbeing rests. Since peaceful evening rest is a completely natural and nutritious event, it goes by the name "bhutadhatri" also (supporting all living beings). The capacity to unwind and reestablish the body's tissues during rest is an indication of by and large health. As indicated by Ayurvedic texts, rest is the first of the four key, normal motivations fundamental for wellbeing, the others being the desires to eat, drink, and have sex. Nidra is at times alluded to figuratively as "Vaishnavi maya," and that signifies "nourishment for the spirit," suggesting that, similar to Master Vishnu (the supporting divinity), nidra is fundamental for one's physical and mental prosperity.

Nidra is a standard condition of unwinding portrayed by a deficiency of mindfulness, a diminishing in tangible movement, and a decrease in the deliberate compression of muscles. People, essentially, rest for 33% of their lives. By and large, 7-9 hours of rest. In Asia, the occurrence of rest issues goes from 26.4% to 39.4% of everybody. The normal rest cycle is changed with age. The rate of rest issues for individuals with asthma goes from 12.5% to 19.7%, while it is 38.95% for youngsters with asthma. Numerous psychological instabilities share similitudes with stress and nervousness. Helpful and drug approaches upheld by proof are presently used to treat them. Notwithstanding, research shows that numerous patients don't look for proficient consideration while required, featuring the requirement for powerful "personal growth" methods. Then again, both clinical specialists and that's what patients concur: (1) it isn't attractive to depend taking drugs until the end of one's life, and (2) delayed meetings of regular psychotherapy might pile up significant monetary expenses. Further, logical examinations have shown that anxiolytic meds and antidepressants are incapable, might be habit-forming, adversely influence memory and thinking, and lead to erectile dysfunction. Notwithstanding the range of successful techniques for treating psychological maladjustment, a few patients might favor another option or reciprocal methodology. This could be because of the results of endorsed prescriptions, an absence of progress after treatment, monetary worries, or basically a longing to have a go at a new thing. Alleged mind-body medicines are remembered for the classification of correlative and integrative medication. Self-improvement treatment could comprise of the guidance of explicit strategies like Hatha yoga, unwinding, yoga nidra and sitting reflection to help patients in arriving at a feeling of mental calm. Broad exploration shows that these strategies really address emotional well-being issues. These nonpharmacological treatments, and practices, are broadly acknowledged around the world, make no known destructive impacts (or not many), and might be utilized by patients themselves. This might be the reason elective and integrative medication scientists have zeroed in such a huge amount on rehearses like contemplation and care lately.

MATERIAL AND METHODS: -

Nidra quantity and nidra quality: -

The typical human dozes somewhere in the range of 7 and 6 hours out of every day as they age, down from 18 to 16 hours for new-borns. It's generally expected information that individuals experience these movements as they age. A few evaluations for the ideal measure of rest at different ages have been examined, yet nobody comprehends the reason why these progressions happen or what factors oversee them. There is likewise a critical uniqueness in rest length across countries. The utilization of electronic media and support in after-school exercises have been referred to as reasons for less rest. Kids and pre-schoolers as youthful as three have been displayed to rest less when sleep times are delayed. Both inward and outer impacts were recognized as decreasing rest term and quality. Postponed arousing and eating times can impact kids' sleep time. Absence of rest has been connected to numerous issues in the contemporary world. Individuals with neurodevelopmental issues might experience difficulty dozing or resting ineffectively, especially in kids determined to have ASD and ADHD. Likewise, accelerometry and pulse based wearable gadgets are progressively used to screen rest; while the innovation can recognize rest sums, it can't foresee abstract rest quality. Regardless of a change in the association among emotional and objective rest proficiency, there doesn't give off an impression of being a methodical change in emotional rest quality with age.

Relation between meditation, brain and sleep: -

The impact of contemplation on rest was first revealed by Bricklayer in quite a while of TM. The principal objective was to assess the neurophysiological corresponds of the greater conditions of cognizance during rest. The review detailed that the senior meditators invested more energy in the sluggish wave rest (SWS) with higher theta-alpha power with foundation delta action, along with diminished electromyogram (EMG). The fast eye development (REM) rest was additionally observed to be improved. The particular theta-alpha example saw during rest was considered as an electrophysiological relate of a settled condition of higher cognizance in rest. Further, the review opened up new roads to investigate the impact of reflection on rest. Concentrates by Sulekha and Ravindra showed the distinctions in rest engineering in experts of Vipassana reflection (care contemplation). The rest design of senior professionals of Vipassana contemplation was enriched with improved territories of SWS and REM rest contrasted with that of non-pondering benchmark group. Vipassana meditators showed 17.95, 11.3, and 10.63% of SWS among more youthful (30-39 years), center (40-49 years), and more established (50-60 years) age bunches individually. Then again, the comparing non-contemplating controls showed a huge decrease of SWS with expanding age, i.e., 11.29, 6.65, and 3.94%. Vipassana meditators from all age bunches showed a more prominent number of rest cycles, demonstrating quality rest. The review recommended that the more established meditators could hold the rest example of more youthful non-pondering controls. Maturing is known to decrease the movement of the sluggish wave resounding system either by genuine loss of neurons or diminished enactment of thalamo-cortical pathways and furthermore by diminished shaft age during NREM rest stage 2. Vipassana reflection seems to protect the SWS, recommending that contemplation could forestall the age-related changes in the sluggish wave creating components. Vipassana reflection likewise upgraded the REM rest states. Reflection rehearses are accounted for to upgrade the plentifulness of gamma synchrony, reinforce the thalamo-cortical and cortico-cortical communications. These components achieved more grounded network synchronization and modified the brain construction and capabilities. In view of the above perceptions, the progressions in rest design in the Vipassana contemplation experts could be credited to the brain pliancy occasions related with reflection.

Nindra disorders: -

An individual's actual prosperity, feeling of safety, and personal satisfaction may be in every way harmed by rest issues. A rest issue might be distinguished by at least one side effects, like over the top daytime sluggishness, breathing hardships, or fretful rest. Rest unsettling influences, for example, inconvenience nodding off, are another sign. Rest aggravations arrive in a wide assortment of structures. Regularly, they were grouped by the reasons they happened or how they showed themselves. Ways of behaving, issues with their customary rest wake cycles, breathing hardships, the failure to nod off, and daytime tiredness are unmistakable markers of rest problems.

1) Insomnia: -

A sleeping disorder is typically depicted as a singular's self-revealed rest unsettling influences. One meaning of a sleeping disorder in the rest writing is the presence of polysomnographic proof of upset rest. A sleeping disorder is analysed when one has any of the accompanying side effects: an extended rest idleness, various nighttime renewals, broadened lengths of readiness all through the rest period, or incessant transient feelings of excitement. Sleep deprivation is consequently viewed as a side effect as well as a sign. Different examinations have shown that sleep deprivation is a gamble factor for the rise of burdensome side effects, fears, and self-destructive ideation. Discouraged mind-set stresses over wellbeing and actual working, and uneasiness were undeniably connected with equitably short rest length in ongoing examination from the Penn State Grown-up Partner. Rest misperception (misjudging time dozing and misjudging time conscious over the course of the evening) and a mental profile reliable with nosy contemplations, discouragement, and nervousness, were demonstrated to be connected with sleep deprivation regardless of standard rest length. These discoveries propose sleep deprivation is connected to psychological sicknesses. Restless people with equitably short rest term might be inclined toward misery because of organic instruments like hyperactivity of the HPA pivot. This hypothesis, in any case, still can't seem to be checked.

2) Sleep apnoea: -

In rest apnoea, breathing briefly stops ordinarily during the evening. They might have rest apnoea in the event that they wheeze boisterously and have daytime exhaustion notwithstanding getting an entire night's rest. Kinds of sleep Apnoea: • Obstructive rest apnoea: Loosened up throat muscles are the most common reason for this condition. • Focal rest apnoea: In which the mind neglects to actuate the muscles answerable for breathing, prompting the condition sufficiently. • Complex rest apnoea condition: Focal rest apnoea that creates because of treatment for obstructive rest apnoea is frequently alluded to as comorbid focal rest apnoea. Individuals with rest apnoea are at a far more serious gamble of creating emotional wellness issues, including uneasiness, alarm jumble, sorrow, bipolar turmoil, or even schizophrenia. State of mind, nervousness, and post-horrendous pressure issue are all regularly comorbid with rest apnoea, and there are cases of an expanded gamble of rest apnoea in psychosis and schizophrenia, as per concentrates on. Fresher examinations suggest a connection between rest apnoea and self-destruction ideation and lead, despite the fact that they are generally case reports and exploration with little example sizes. Suicidality and different types of psychopathologies are frequently seen together; in this manner, studying the association between rest apnoea and both may assist researchers with better comprehension how to further develop general wellbeing.

3) Restless legs syndrome (RLS): -

A typical reason for fretful legs condition (RLS) is an undesirable inclination in the legs that prompts a staggering craving to move them. This is the sort of thing that by and large happens around evening time when they are situated or resting. Becoming up and moving about serves to alleviate the aggravation quickly. The side effects of anxious legs condition, otherwise called Willis-Ekbom ailment, may show up out of the blue and frequently deteriorate with age. It might possibly hinder rest, which thus might disable ordinary exercises. Different examinations have shown that RLS side effects are connected to more regrettable emotional wellness than solid controls. Both tension and despondency evaluations were emphatically associated with RLS side effect seriousness, while nor was impacted by other simultaneous circumstances, (for example, hypertension, weakness, ongoing renal illness, diabetes mellitus, or headache). As indicated by their discoveries, RLS side effects "were most likely the vital game changer for the uneasiness and misery levels, with higher scores relating with more extreme RLS."

4) Narcolepsy: -

Rest related mind flights, rest discontinuity, unnecessary daytime drowsiness (EDS), cataplexy, and rest loss of motion are the five signs of narcolepsy, a serious neurological issue. Tragically, narcolepsy is in many cases misconstrued as a psychological problem from the get go, which drags out the time it takes to get a legitimate determination and begin treatment. Notwithstanding its actual debilitations, narcolepsy might create serious issues in one's private and expert life.

Relation between meditation, autonomic activity and sleep: -

Changes in autonomic action had been accounted for concerning explicit rest states with overwhelming parasympathetic movement in SWS and thoughtful action during REM rest. Such rest state subordinate autonomic changes keep up with the homeostasis during rest. Maturing changes autonomic adaptability prompting a general expansion in thoughtful action alongside diminished parasympathetic action, consequently achieving autonomic excitement and abatement in rest quality. Decreased parasympathetic action alongside wasteful baroreflex components during REM rest have been accounted for to cause troublesome cardiovascular occasions. Reflection rehearses help to achieve sympatho-vagal offset with parasympathetic prevalence among experienced meditators and furthermore in amateur meditators with less practice. Vipassana reflection rehearses help to hold the adaptability of autonomic action during various phases of rest. Further, pulse fluctuation assessment during REM rest showed higher thoughtful action in meditators than in controls. This higher thoughtful action in meditators was really cradled by parasympathetic action dissimilar to the non-contemplating controls (unpublished information). These investigations have exhibited a more noteworthy understanding into the modulatory impact of contemplation rehearses on autonomic capabilities during rest. Reflection rehearses are related with upgraded front facing midline theta movement. The front facing midline theta action begins from the foremost cingulate cortex and controls the

parasympathetic movement. Vipassana contemplation practices would have enacted the foremost cingulate cortex and subsequently adjusted the parasympathetic movement during rest.

Depression, nervousness, anxiety and stress related with nindra irregularity: -

Directed nidra (yoga nidra) has been widely taken on to manage pressure and the issues that could create as a result of it. Yoga nidra, a somewhat easy type of yoga, has for the most part been displayed to gainfully affect decreasing nervousness. The impacts of yoga nidra on mental elements, including tension, as well as on patients' general feeling of prosperity, have been concentrated on in a randomized, controlled preliminary for those with feminine cycle inconsistencies. One more concentrate on yoga nidra research zeroed in on pressure and uneasiness. A sum of 110 understudies from a similar Yoga class were parted into two gatherings. One gathering of 80 understudies was chosen for the act of Yoga nidra and relegated as the exploratory gathering. One more 30 understudy bunch considered as control bunch. The two gatherings had been rehearsing the arrangement of asanas, pranayamas and shatkarma routinely. The exploratory gathering that was participated in the act of Yoga nidra for 30 minutes every day for a considerable length of time detailed significantly lower levels of pressure and anxiety. Yoga nidra's planned impact is to set off a condition of profound unwinding. Directed nidra, similar to yoga nidra, may assist with mitigating tension, a huge supporter of different psychological well-being issues.

Physiological Sleep Deprivation: -

The condition of our bodies influences our contemplations and mental cycles. Short-sleepers and long-sleepers have been shown to expand their gamble of death from any reason. Unreasonable or improper sleep or attentiveness resembles the disastrous murkiness that takes euphoria and youth. Lack of sleep might bring about sorrow, corpulence, shortcoming, fruitlessness, ignorance, and even demise. Lack of sleep has been connected to a wide assortment of clinical issues, including halimaka (an extreme type of jaundice), head illnesses, body greatness and firmness, fever, happiness, mental latency, blockage in srotas (body channels), dyspepsia, enlarging, anorexia, queasiness, nasal catarrh, hemicrania's, tingling, torment, rashes, ejections, hack, and daze. Unseemly dozing designs bring about pipedreams, fever, migraine, dropsy, queasiness, blockage of tissue pores, and debilitated stomach related capability. Lacking rest has been connected with consideration, center, impulsivity, mind-set control, and mental execution.

Relation between meditation, melatonin hormone and sleep: -

Reflection rehearses were accounted for to control the hypothalamo pituitary adrenal (HPA) Hub and subsequently the cortisol and catecholamine levels. Further, contemplation procedures were additionally known to increment dehydroepiandrosterone, foremost Pituitary chemicals like development chemical, thyroid animating chemical (TSH), prolactin and melatonin levels. Melatonin assumes a fundamental part in the physiological guideline of rest in both visually impaired and ordinary people. Melatonin mood follows a raising and falling stage with relating changes in rest penchant. Melatonin applies its mesmerizing impact by intense restraint of suprachiasmatic core and furthermore by working with hypothermic reaction through fringe vasodilatation. Melatonin is generally utilized in the administration of rest mood problems due to jetlag, shift-work, and a sleeping disorder. Not with standing its part in rest, melatonin goes about as a cell reinforcement and immunomodulator, oncostatic, antiaging specialist, and assists in carrying with detecting of prosperity. Maturing weakens the melatonin discharge and consequently influence the rest quality in matured populace. Reflection rehearses are accounted for to improve the melatonin levels, the antecedents of melatonin particularly the serotonin and noradrenalin. Contemplation increments melatonin focus by easing back its hepatic digestion or expanding the combination in the pineal organ. Diurnal melatonin levels were viewed as essentially high in Vipassana meditators than non-contemplating controls. By taking into account the job of melatonin in rest support, it very well may be presumed that reflection rehearses improve melatonin levels and consequently nature of rest.

Nidra and Cardiovascular Conditions: -

Coronary illness and other cardiovascular sicknesses (CVD) kill a bigger number of individuals than some other disease, paying little heed to orientation. A few medicines for rheumatoid joint pain, an incendiary sickness, support the viability of antidepressants. Preliminaries in people with other provocative sicknesses, like Crohn's illness and ankylosing spondylitis, have additionally exhibited stimulant viability.

Cognition and Brain Functioning: -

Concentrates on what yoga and reflection mean for mind movement didn't start until the 1970s. During the 1970s, a concentrate on the yoga instructor Master Rama was held to decide the neurophysiological impacts of nidra. Dissimilar to the vast majority, the creator found that Master Rama could enter a profound degree of unwinding quickly. In the wake of being exposed to electroencephalography (EEG) testing, it was presumed that Master had a bound together condition of mindfulness. Master Rama likewise showed incredible order of his heart and veins. A few cerebrum locales with laid out jobs in the execution of mental picture undertakings showed differential movement. To give one explicit model, ghostly EEG investigation uncovered differential movement during reflection.

Nidra as an autoregulatory, worldwide peculiarity: -

Rest is accounted for to be related with diminished pulse, circulatory strain, respiratory rate, and musicality, oxygen utilization, uneasiness or excitement, and a general reduction in basal metabolic levels prompting a hypometabolic state. This peculiarity of rest prompted hypometabolic state is a characteristic and unconstrained result fundamental for natural endurance. Imaging studies have shown that during NREM rest the blood stream to regions related with chief capabilities like front facing and parietal cortex, thalamus, basal ganglia, and cerebellum has been decreased and achieving the sensation of hypnogogic impact during rest. Contemplation likewise brings a supported hypometabolic state named as unwinding reaction by Herbert Benson and helps in rest commencement. Essentially, reflection strategies help to control the blood stream to the chief districts of the mind during rest. Contemplation rehearses down direct HPA hub decreasing the pressure, prolactin, TSH levels; achieve modifications in the mediator digestion leaning toward an anabolic state. In this manner, contemplation assists with keeping an alert hypometabolic state with parasympathetic prevalence. Both the state and quality attributes of contemplation rehearses give a benefit that it constantly resets the metabolic working regardless of changing degrees of stress. This inward metabolic resetting structure the standard quality attributes vital for all potential changes achieved by contemplation rehearses. Further, thoughtful practices helpfully impact the mental, profound, and social viewpoints. In this manner reflection is displayed to have a more noteworthy potential to impact numerous physiological and social states including rest. It has been speculated that reflection rehearses enact prefrontal cortex, fronto-limbic, fronto-parietal brain organizations and limbic and paralimbic cortices related with thoughtful excitement. Reflection rehearses actuate structures like insula, foremost cingulate, and nerve center and achieve autonomic and humoral changes. Reflection subsequently delivers a continuum of worldwide administrative changes at different social levels leaning toward quality rest.

DISCUSSION: -

Yoga nidra frequently called "yogic rest", is an old tantric loosening up strategy in its filtered structure. The most fundamental clarification is that it's a sort of yoga where they do the "carcass position," otherwise called Shavasana while envisioning positive results for their life. Yoga nidra's expected impact is to prompt a significantly soothing state, unmistakable from rest, in that members stay conscious yet profoundly loose. A concentrate on medical care laborers showed huge improvement in self-detailed care scores following a directed 8-week Rest Yoga nidra program. Members revealed that they were better ready to concentrate on current activities. Fasting treatment, phlebotomy, nasal drops, vamana (emesis), samshodhana (filtration treatments), and drawing in the subject in testing mental exercises or unmistakable inclinations like apprehension, anguish, and outrage are powerful methods for overseeing extreme rest since they all decrease slehama, which thusly lessens how much time spent dozing. Not with standing samshodhana, Maharshi Charaka suggests developing more sattva guna (mental virtue) and quelling tamo guna to break the pattern of unnecessary sleep. Yoga nidra has additionally been commended for its indicated capacity to further develop physical and mental prosperity.

CONCLUSION: -

It is evident from the literature cited that practice of meditation brings about global changes. Many of these alterations in physiological functions have great similarities to the changes that are happening during sleep. It has been proposed that sleep is an autoregulatory global phenomenon. It is also true that meditation influences sleep and its functions. It appears that various components of sleep generating mechanisms can be altered with meditation. Meditation, with its global effects on body and brain functions helps to establish a body and mind harmony. Thus, meditation practices as an autoregulatory integrated global phenomenon, opens a wider scope for understanding the unique aspects of human sleep and consciousness. Nidra is a significant piece of a solid way of life. Emotional wellness and rest are firmly related. In numerous everyday issues, Sharira (body) and Sattva (mind) associate with each other. Rest is remembered for the vast majority of the clinical analytic rules for specific ailments. Long working hours have supplanted rest time because of occupied timetables and overburden. Stress, discouragement, and stress have decreased rest time. Ayurvedic Samhitas stress the significance of stay in bed keeping up with wellbeing. Dinacharya and yoga advance soothing rest. Great rest further develops daytime working.

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