

Melatonin: Antioxidant is a quality sleep product

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Sleep is a very important phase of life that the detoxification of the body occurs in this phase. The exact quantity of sleep required varies according to the age of the individual, and determining the amount of time needed per person depends on the physiological characteristics of the individual's body. In general, good sleep is for sleeping at about 8 hours, which occurs at about 9 or 10 in the evening until 5 in the morning. The reason for this phenomenon is that the recovery mechanisms and the processes for producing the necessary hormones and antioxidants are initiated, processed and completed at this interval. The melatonin hormone is produced during the sleep process and is known as the sleep hormone. Melatonin is an antioxidant that produces it in a good, timely manner. Also, in the absence of this hormone, people will endure problems such as stress, anxiety, rapid aging and diabetes. Insomnia is associated with an increase in the incidence of diabetes and its complications. Having distress sleep or poor quality sleep, such as confusion at the beginning of sleep or maintaining its association, increases the risk of impaired glucose levels and, as a consequence, increases the risk of developing diabetes type-2. Therefore, getting used to healthy sleep (quality sleep) can help to prevent various diseases. Improving the health of the community requires people to know how to modify the sleep program and adjust the body's biological clock.

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