

Kilder Søvn:

- <http://www.salk.edu/news-release/powering-up-the-circadian-rhythm/>
- <http://www.webmd.boots.com/sleep-disorders/features/the-healing-power-of-sleep>
- <https://sleepfoundation.org/how-sleep-works/what-happens-when-you-sleep>
- [http://www.huffingtonpost.com/dr-michael-j-breus/sleep-weight-loss\\_b\\_881186.html](http://www.huffingtonpost.com/dr-michael-j-breus/sleep-weight-loss_b_881186.html)
- <https://womanabouttownblog.wordpress.com/tag/qi/>
- [http://bodyecology.com/articles/reduce\\_your\\_kortisol\\_levels.php](http://bodyecology.com/articles/reduce_your_kortisol_levels.php)
- <http://www.naturalsleepmedicine.net/2009/11/23/your-cortisol-rhythm-and-sleep/>
- <http://radiodoktoren.dk/radiodoktoren/2016/01/02/melatonin-2>
  
- <http://www.immunehealthscience.com/foods-with-melatonin.html>
- <http://www.sleepdex.org/beautysleep.htm>
- <http://www.marksdailyapple.com/how-light-affects-our-sleep/>
- <http://www.drpierpaoli.com/ENG/Melatonin-47bc6f00>
- <http://link.springer.com/article/10.1007%2Fs00394-011-0263-7>
- <http://onlinelibrary.wiley.com/doi/10.1111/j.1479-8425.2007.00262.x/full>
- <https://examine.com/supplements/glycine/>
- <http://wellnessmama.com/1157/guide-to-great-sleep/>