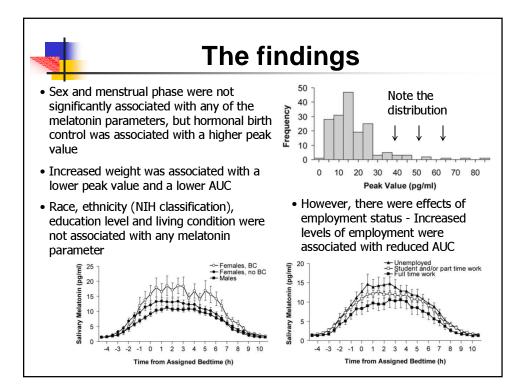


Is a sleep-o-meter feasible								
Technically - yes, but there are other problems Any ideas what these might be? Individual Differences in the Amount and Timing of Salivary Melatonin Secretion The melatonin profiles were derived from saliva samples from 170 healthy people aged 18–45 years								
Sex	85 men, 85 women							
Sex	85 men, 85 women							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Menstrual phase ^a	34 follicular, 33 luteal, 2 unknown							
Hormonal birth control Menstrual phase ^a Race	16 hormonal birth control, 69 no hormonal birth control 34 follicular, 33 luteal, 2 unknown 104 White, 32 Asian, 23 Black, 11 Other 14 Hispanic, 156 non Hispanic							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Menstrual phase ^a	34 follicular, 33 luteal, 2 unknown							
Race	104 White, 32 Asian, 23 Black, 11 Other							
Ethnicity	14 Hispanic, 156 non Hispanic							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Menstrual phase ^a	34 follicular, 33 luteal, 2 unknown							
Race	104 White, 32 Asian, 23 Black, 11 Other							
Ethnicity	14 Hispanic, 156 non Hispanic							
Education	3 high school, 68 some college, 44 college graduate, 44 higher degree, 11 unknow							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Menstrual phase ^a	34 follicular, 33 luteal, 2 unknown							
Race	104 White, 32 Asian, 23 Black, 11 Other							
Ethnicity	14 Hispanic, 156 non Hispanic							
Education	3 high school, 68 some college, 44 college graduate, 44 higher degree, 11 unknow							
Employment	35 unemployed, 116 student and/or part time work, 19 full time work							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Menstrual phase ^a	34 follicular, 33 luteal, 2 unknown							
Race	104 White, 32 Asian, 23 Black, 11 Other							
Ethnicity	14 Hispanic, 156 non Hispanic							
Education	3 high school, 68 some college, 44 college graduate, 44 higher degree, 11 unknow							
Employment	35 unemployed, 116 student and/or part time work, 19 full time work							
Living condition	37 alone, 133 not alone							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Menstrual phase ^a	34 follicular, 33 luteal, 2 unknown							
Race	104 White, 32 Asian, 23 Black, 11 Other							
Ethnicity	14 Hispanic, 156 non Hispanic							
Education	3 high school, 68 some college, 44 college graduate, 44 higher degree, 11 unknow							
Employment	35 unemployed, 116 student and/or part time work, 19 full time work							
Living condition	37 alone, 133 not alone							
Bed partner	41 bed partner, 129 no bed partner							
Hormonal birth control	16 hormonal birth control, 69 no hormonal birth control							
Menstrual phase ^a	34 follicular, 33 luteal, 2 unknown							
Race	104 White, 32 Asian, 23 Black, 11 Other							
Ethnicity	14 Hispanic, 156 non Hispanic							
Education	3 high school, 68 some college, 44 college graduate, 44 higher degree, 11 unknow							
Employment	35 unemployed, 116 student and/or part time work, 19 full time work							
Living condition	37 alone, 133 not alone							
Bed partner	41 bed partner, 129 no bed partner							
Season	40 spring, 88 summer, 20 fall, 22 winter							
Hormonal birth control Menstrual phase ^a Race Ethnicity Education Employment Living condition Bed partner Season Eyeglasses	16 hormonal birth control, 69 no hormonal birth control 34 follicular, 33 luteal, 2 unknown 104 White, 32 Asian, 23 Black, 11 Other 14 Hispanic, 156 non Hispanic 3 high school, 68 some college, 44 college graduate, 44 higher degree, 11 unknow 35 unemployed, 116 student and/or part time work, 19 full time work 37 alone, 133 not alone 41 bed partner, 129 no bed partner 40 spring, 88 summer, 20 fall, 22 winter 61 wore eyeglasses, 68 no eyeglasses, 41 unknown							



			there			
Table 1 Effect of lau	ghter on the levels of Melatonin (pg/m		the levels		st-milk mel I seasonal v	
	Healthy mothers			- 70		
	No viewing	Viewing Control DVD	Humorous DV	- (1m/sd) - (1m/	- · ← · Spring - ─ Summer - ★ - Autumn	
2200 h 2400 h 0200 h 0400 h 0600 h Values ar	5.2 (0.3) 8.4 (0.4) 15.6 (0.8) 12.2 (0.7) 5.5 (0.4) e shown as mea	5.3 (0.3) 8.2 (0.4) 15.9 (0.9) 12.5 (0.8) 5.1 (0.4) n (SE). *Significal	7.1 (0.4)* 10.2 (0.6)* 20.8 (1.0)* 16.5 (0.8)* 6.3 (0.4)* nt increase P<	30 20 10 0	Autumn > other se 4:00h*** 7:00h*** 0:00 13:00 16:00 19:00 13:00	Time of day (h)
 Forty-eight infants aged 5–6 months Their mothers viewed either an 87-min 						
hun hun • Afte	norous DVD (C norous weathe er viewing, bre	wed elther an 8 charlie Chaplin) r information at ast milk was co pmatic Res 62, 699–	or non- 22.00 llected	disease regulatio depressiv	ress, and me e e.g. signification on in melatonin ve patients durase of illness	nt down- secretion in

