

Références - Leçon 2 - Module 3 :

Stress, sommeil, toxicité

SUR LE SOMMEIL:

- Cheung V, Yuen VM, Wong GTC, Choi SW. The effect of sleep deprivation and disruption on DNA damage and health of doctors. *Anesthesia*. 2019;74(4):434-440. doi:[1111/anae.14533](https://doi.org/10.1111/anae.14533)
- Bean CAL, Ciesla JA. Naturalistic partial sleep deprivation leads to greater next-day anxiety: the moderating role of baseline anxiety and depression. *Behav Ther*. 2021;52(4):861-873. doi:[1016/j.beth.2020.10.008](https://doi.org/10.1016/j.beth.2020.10.008)
- Li C, Shang S. Relationship between sleep and hypertension: findings from the NHANES (2007-2014). *Int J Environ Res Public Health*. 2021;18(15):7867. doi:[3390/ijerph18157867](https://doi.org/10.3390/ijerph18157867)
- Chunnan L, Shaomei S, Wannian L. The association between sleep and depressive symptoms in US adults: data from the NHANES (2007-2014). *Epidemiol Psychiatr Sci*. 2022;31:e63. doi:[1017/S2045796022000452](https://doi.org/10.1017/S2045796022000452)
- Besedovsky L, Lange T, Haack M. The sleep-immune crosstalk in health and disease. *Physiol Rev*. 2019;99(3):1325-1380. doi:[1152/physrev.00010.2018](https://doi.org/10.1152/physrev.00010.2018)
- Owusu JT, Rabinowitz JA, Tzuang M, et al. Associations between objectively measured sleep and cognition: main effects and interactions with race in adults aged ≥50 years. *J Gerontol A Biol Sci Med Sci*. 2023;78(3):454-462. doi:[1093/gerona/glac180](https://doi.org/10.1093/gerona/glac180)
- National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. Sleep and sleep disorders. Centers for Disease Control and Prevention. Reviewed September 7, 2022. Accessed August 10, 2023. <https://www.cdc.gov/sleep/index.html>
- doTERRA Serenity® Sleep System Epigenetic Research: <https://www.doterra.com/US/en/blog/science-research-news-sleep-system-epigenetic-research>

SUR LE STRESS:

- *Chronic Stress - When the system reaches exhaustion*, Daniel Leal
- The CIRCORT database: Reference ranges and seasonal changes in diurnal salivary cortisol derived from a meta-dataset comprised of 15 field studies, [Psychoneuroendocrinology](#). 2016

SUR LA TOXICITÉ:

- 🧐 [Body Burden: The Pollution in Newborns](#), Environmental Working Group study
- 📺 [The Human Experiment, 2013 - Produced by Sean Penn \(Full Movie - ENG\)](#)
- 🧐 *Exploring the Biological Activity and Mechanism of Xenoestrogens and Phytoestrogens in Cancers: Emerging Methods and Concepts*, [Int J Mol Sci](#). 2021
- 📖 DOSSIER: [Perturbateurs endocriniens](#) - Des risques potentiels ou avérés pour la santé humaine, INSERM