

BIBLIOGRAFÍA:

1. Sejbuk M, Mirończuk-Chodakowska I, Witkowska, AM. Sleep Quality: A Narrative Review on Nutrition, Stimulants, and Physical Activity as Important Factors. *Nutrients* 2022, 14, 1912. <https://doi.org/10.3390/nu14091912>.
2. Kwok CS, Kontopantelis E, Kuligowski G, Gray M, Muhyaldeen A, Gale CP, Peat GM, Cleator J, Chew-Graham C, Loke YK, Mamas MA. Self-Reported Sleep Duration and Quality and Cardiovascular Disease and Mortality: A Dose-Response Meta-Analysis. *J Am Heart Assoc.* 2018 Aug 7; 7(15):e008552.
3. Zhai L, Zhang H, Zhang D. Sleep duration and depression among adults: a meta-analysis of prospective studies. *Depress Anxiety.* 2015 Sep; 32(9): 664-70.
4. Prather AA, Janicki-Deverts D, Hall MH, Cohen S. Behaviorally assessed sleep and susceptibility to the common cold. *Sleep.* 2015; 38 (9): 1353-1359.
5. Vilaplana i Batalla M. Alimentación y neuronas. *Farmacía Profesional.* 2016, 30(6): 17-20.
6. Wahl S, Engelhardt M, Schaupp P, Lappe C, Ivanov IV. The inner clock-Blue light sets the human rhythm. *J Biophotonics.* 2019; 12(12):e201900102.
7. Ruddick JP, Evans AK, Nutt DJ, Lightman SL, Rook GA, Lowry CA. Tryptophan metabolism in the central nervous system: medical implications. *Expert Rev Mol Med.* 2006 Aug 31; 8(20): 1-27.
8. Checa-Ros A, D'Marco L. Role of Omega-3 Fatty Acids as Non-Photic Zeitgebers and Circadian Clock Synchronizers. *Int J Mol Sci.* 2022; 23(20): 12162. doi: 10.3390/ijms232012162.
9. Poza JJ, Pujol M, Ortega-Albás JJ, Romero O. Melatonina en los trastornos de sueño. *Neurología* 2022 37(7): 575-585.
10. Auld F, Maschauer EL, Morrison I, Skene DJ, Riha RL. Evidence for the efficacy of melatonin in the treatment of primary adult sleep disorders. *Sleep Med Rev.* 2017;34:10-22. doi: 10.1016/j.smr.2016.06.005.
11. Fatemeh G, Sajjad M, Niloufar R, Neda S, Leila S, Khadijeh M. Effect of melatonin supplementation on sleep quality: a systematic review and meta-analysis of randomized controlled trials. *J Neurol.* 2022 269 (1): 205-216. doi: 10.1007/s00415-020-10381-w.
12. Sutanto CN, Loh WW, Kim JE. The impact of tryptophan supplementation on sleep quality: a systematic review, meta-analysis, and meta-regression. *Nutr Rev.* 2022, 80(2): 306-316. doi: 10.1093/nutrit/nuab027.
13. Hidese S, Ogawa S, Ota M, Ishida I, Yasukawa Z, Ozeki M, Kunugi H. Effects of L-Theanine Administration on Stress-Related Symptoms and Cognitive Functions in Healthy Adults: A Randomized Controlled Trial. *Nutrients.* 2019 11(10): 2362. doi: 10.3390/nu11102362.
14. Maffei ME. 5-Hydroxytryptophan (5-HTP): Natural Occurrence, Analysis, Biosynthesis, Biotechnology, Physiology and Toxicology. *Int J Mol Sci.* 2020 22(1): 181. doi: 10.3390/ijms22010181.
15. Yamatsu A, Yamashita Y, Maru I, Yang J, Tatsuzaki J, Kim M. The Improvement of Sleep by Oral Intake of GABA and Apocynum venetum Leaf Extract. *J Nutr Sci Vitaminol.* 2015 61(2): 182-7. doi: 10.3177/jnsv.61.182.