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**SEASONAL CHANGES RHYTHM OF EXCRETION OF 6-GIDROKSIMELATONINSULFATA STUDENTS  
THE USE OF DIFFERENT SOURCES OF ARTIFICIAL LIGHTING AND PHYSICAL ACTIVITY  
S.G. Yashchenko**

**SUMMARY**

Studied of excretion 6-hydroxymelatonininsulfate with student's urine in different seasons of year. (November, March). The using of fluorescent lamps is reduces the season amplitude of the Melatonin production. Classes of physical training and sport increasing adrenergic effects reduced season rhythm activity of the pituitary.

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, . . . . . ( . . . ).  
[2]. . . . . - . . . . . ,  
, . . . . . [3].  
. . . . . : . . . . . 2450 – 2500 , . . . . .  
, [2]. , . . . . . ( . . . . . ) 7000 K ( . . . . . 2800 K  
) [5].  
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[1]. , . . . . .  
, . . . . . [2].

87 6- -20<sup>0</sup> 3- . -  
 ( , [4]) - Hamburg ( ) IBL  
 21-26 .  
 : 1- (n=23)- , 2- (n=20) -  
 Microsoft Excel MedStat.  
 3- 4- , ( , , )  
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 - , W- T-  
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 ( 38,4%) , (1- ),  
 (2- ). ,  
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 ( >0,05,  
 (6- W- ).  
 2011 (6- ) 2- (<0,001) 4-  
 2012 . (5 ) , 1.

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			( )			
			1	2	3	4
1 (n=23)	42,2	2,501	-	<0,01	>0,05	>0,05
2 (n=20)	25,85	1,989	<0,01	-	<0,01	<0,05
3 (n=24)	44,0	2,185	>0,05	<0,01	-	>0,05
4 (n=20)	39,1	1,909	>0,05	<0,05	>0,05	-

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			1	2	3	4
1 (n=23)	29,0	1,802	-	<0,01	>0,05	>0,05
2 (n=20)	22,6	1,447	<0,01	-	<0,01	<0,05
3 (n=24)	31,5	1,755	>0,05	<0,01	-	>0,05
4 (n=20)	31,65	2,003	>0,05	<0,05	>0,05	-

p=0,002,

1- 2- 6- -

22,07%, - 2. -

( <0,001). - -

2. - -

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(1- 3- , -

1- -3- 1. . . . //

, <0,001). - -

2- -4- -2005.- 5. .12-16. -

( <0,001 <0,05 - 2. . . . -

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6- ( <0,05) , - 3. ,2006.-204 . -

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( <0,05 <0,01). , 4. .-2006.- .10, 6.- .13-15. -

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. -2008.- 4.- .4-10. -

1. 5. [http://www.astrum-xenon.ru/color\\_temp/index.htm](http://www.astrum-xenon.ru/color_temp/index.htm).