



Sleeping in the dark against obesity and diabetes, a goal within the reach of Andalusian science

LOCATION: Granada

DURATION: 1'30"

SUMMARY: Researchers of the University of Granada have proved that the consumption of melatonin fights obesity and diabetes in rats. These researchers recommend sleeping in the dark to avoid interferences in the generation of this hormone.

VTR:

While sleeping, the ideal thing is doing it in the dark, with no light at all, either way we would be affecting the release of melatonin, a hormone that according to researchers of the University of Granada, fights diabetes and obesity.

Javier Ortega
Researcher at the
University of Granada

"Really, during sleep light reception in the retina may and change those biological rhythms, those melatonin release rhythms by the pineal gland, so they can be unbalanced if we perceive light during the night, even during sleep."

Ahmad Agil
Professor at the University
of Granada

"Melatonin is a neuro-hormone responsible for regulating sleep; in fact, it is commercialized in the pharmaceutical market as a sleep regulator for people affected by sleep alteration."

The research has been developed using young obese rats affected by a type of diabetes similar to the one that affects humans.

Ahmad Agil
Professor at the University
of Granada

"Frankly, when we started working with melatonin we believed that it could improve diabetes, and by chance we observed that it also improves obesity, this means that they lost some weight."

The La Paz University Hospital in Madrid and the University of Texas, in the United States, have collaborated in this research. The next step will be checking if these results are transferable to humans.

Ahmad Agil
Professor at the University
of Granada

"Our group and others in the world have proved that it causes weight loss, but just in animals, not humans. So we have to take our study to humans."

Now these researchers will study the exact details of how melatonin releases during sleep to be able to recreate this natural process under other circumstances.

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