

<https://my.clevelandclinic.org/health/articles/12148-sleep-basics>

<https://stats.oecd.org/index.aspx?DataSetCode=ANHRS#>

<https://www.businessinsider.com/russians-go-to-bed-later-2015-10>

<https://pubmed.ncbi.nlm.nih.gov/12683469/>

<https://www.bbc.com/news/magazine-24444634>

<https://atlas.ru/blog/kak-pochinit-svoi-biologhichieskiie-chasy-chtoby-khorosho-spat-i-vysypatsia/>

<https://i0.wp.com/tylerdevries.com/wp-content/uploads/2020/12/Screen-Shot-2020-12-06-at-11.44.47-AM.png?w=621&ssl=1>

<https://i0.wp.com/tylerdevries.com/wp-content/uploads/2020/12/Screen-Shot-2020-12-06-at-11.44.47-AM.png?w=621&ssl=1>

<https://journals.physiology.org/doi/full/10.1152/physrev.00032.2012>

<https://biomolecula.ru/articles/tainy-golubogo-piatna>

<https://pubmed.ncbi.nlm.nih.gov/25014672/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3777296/>

https://www.medicinenet.com/what_has_more_caffeine_coffee_or_tea/article.htm

<https://bpspsychub.onlinelibrary.wiley.com/doi/10.1111/j.2044-8279.2011.02059.x>