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Long hours spent on cellphones and exposure to light from screens has physiological and psychological costs, says expert ...

'Excessive tech use can hasten aging'

Previous research has suggested that your sleep can be sabotaged by drinking alcohol or eating too much when you're close to bedtime, but a recent study indicates that the connection runs in the other ...

The One Diet Change You'll Make After Better Sleep, New Study Suggests

Psychiatrist who advanced sleep science. Born on June 3, 1933,

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in Hartford, CT, USA, he died of complications related to diabetes on July 7, 2021, in East Burke, VT, USA, aged 88 years.

J Allan Hobson

Western Psychotherapy - For collectivists, society is like an organism and extension of nature. Different castes within that society are ...

Three Strikes You're Out for Western Psychotherapy

Its structural attributes and physiological effects make it an ideal tool for learning cardiology; studying heart-brain interactions; and dispensing neuro-cardiac therapy ...

How Music Can Literally Heal the Heart

There is reason to believe that there is neurological involvement in the syndrome known as Long COVID. Long COVID sufferers should be taken seriously, even if we don't fully understand the

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mechanism ...

Psychology Today

And Other Stories of Mystery Illness" by Suzanne O'Sullivan
Photo illustration by Salon/Jonathan Greet/Pantheon "Some diseases are immutable facts," says Suzanne O'Sullivan.

Neurologist Suzanne O'Sullivan: "We're pushed strongly in the direction of over-diagnosing"

Health care workers with high resilience or strong emotional support were protected against the effects of stress related to the COVID-19 pandemic compared to those who had low emotional support or ...

Researchers use wearable devices to identify psychological effects of pandemic

A recent study that suspended rhinos upside-down by their

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ankles from a helicopter must have been a shoe-in for the award's judges, securing the 2021 Ig Nobel Transportation Prize. But while hanging ...

Real reason rhino hung upside down from a helicopter

Singing out is a healthy activity that can make you feel better both mentally and physically. It can also be instrumental in the treatment of many health issues.

Singing Can Relieve Stress and So Much More

Good sleep-time recovery is associated with a health-promoting diet and health-promoting eating habits, as well as with lower consumption of alcohol, according to a new study investigating ...

Sleep-Time Recovery Associated With Better Diet and Lower Alcohol Consumption

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Anyone who knows me well, knows I love pumpkin spice lattes. So much so, that some have called it an addiction. OK, that was just me, I called myself an ...

Cooking from Memory: A new froth in town

According to data released earlier this year in the Physical Activity Council's Participation Report, tennis participation in the U.S. skyrocketed, increasing by some 22% in 2020, with nearly 22 ...

Boomer Health: Pandemic has been a boon for recreational tennis

Advertisement Multiple species are endangered due to multiple reasons and extreme circumstances the planet is undergoing. Among these, there are rhinoceroses as well. There are five species of rhino, ...

This Ig Nobel Prize-Winning Study Hung Rhinos Upside Down From Helicopters - For The Sake Of Science, Of Course

Heimer has made a career of studying IV drug use and the effectiveness of programs such as syringe exchanges in preventing HIV and hepatitis infections, take-home naloxone kits that can prevent death ...

'The medication is the treatment': MAT in substance use disorder

Monday will be the one-year anniversary of the death of White's father, Tyrone, and the tailback is focused on delivering a productive 2021 season.

New England Patriots' James White off to strong start after difficult 2020

According to the latest report by IMARC Group, "Alcoholic

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Beverages Market: Global Industry Trends, Share, Size, Growth, Opportunity and For ...

Alcoholic Beverages Market: Industry Share 2021, Size, Overview, and Growth 2026

The personal stakes are high for the activists - some willing, others reluctant - behind the historic reckoning for LGBTQIA+ rights in the country.

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