

Régulariser son rythme biologique

Des chercheurs de l'Université Laval viennent de mettre au point un système qui régularise l'horloge biologique des travailleurs de nuit et des automobilistes fatigués. En reproduisant la luminosité du ciel, l'équipe du professeur Hébert pense que son invention pourrait représenter un substitut au café, aux boissons énergisantes et aux médicaments. Au Québec, près de 9 % de la population travaillent la nuit, soit environ 700 000 personnes ; 20 % des accidents meurtriers de la route sont dus à la fatigue.

L'HORLOGE BIOLOGIQUE INTERNE

La synchronisation de l'horloge biologique se fait principalement par le cycle naturel lumière-obscurité. Ce processus s'enclenche lorsque nos yeux perçoivent une baisse de l'intensité lumineuse et indiquent à l'horloge biologique d'arrêter la sécrétion d'hormones actives.



L'alternance lumière-obscurité régule l'horloge interne située au cœur du cerveau, formée par la glande pinéale et les noyaux supra-chiasmatiques.

Noyaux supra-chiasmatiques

Lumière bleue

Influx nerveux

Moelle épinière

Des rythmes mal alignés peuvent provoquer la sécrétion de certaines hormones au mauvais moment de la journée.

LA RECHERCHE

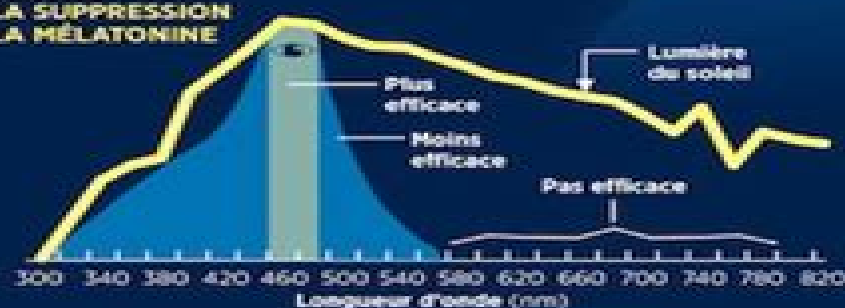
- Un système de projection de lumière bleue a été installé dans un certain nombre de voitures de police.
- Les données préliminaires montrent que les policiers exposés au spectre bleu ont trouvé le sommeil plus facilement et ont dormi 40 minutes de plus que leurs collègues.
- Des résultats similaires ont été enregistrés auprès des employés de Postes Canada et d'Abitibi-Bowater exposés à cette même lumière bleue.



SPECTRE LUMINEUX

Le spectre de la lumière naturelle, la lumière du Soleil, est composée de toutes les couleurs, des ultraviolets aux infrarouges. Ces couleurs sont perçues par le corps sous forme d'énergie et caractérisées par des longueurs d'onde (nm).

EFFICACITÉ DE LA SUPPRESSION DE LA MÉLATONINE



Ultra-violet UV

Nanomètres

Infrarouge IR



L'horloge biologique est plus sensible aux longueurs d'onde correspondant à la lumière bleue, car plus efficace pour supprimer la mélatonine (l'hormone du sommeil).

Maigrir Selon Son Rythme Biologique

Lei Huang



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