

Fárková E.: Chronotypy – fenomén moderní doby (Živa 2019, 6: CLX-CLXII)

Canuto R, Garcez AS, Olinto MT. Metabolic syndrome and shift work: A systematic review. *Sleep medicine reviews* 2013, 17(6), 425-431.

Ciarleglio CM, Ryckman KK, Servick SV, Hida A, Robbins S, Wells N, Johnson CH. Genetic differences in human circadian clock genes among worldwide populations. *Journal of biological rhythms* 2008, 23(4), 330-340.

Ferrell JM, Chiang JY. Circadian rhythms in liver metabolism and disease. *Acta Pharmaceutica Sinica B* 2015, 5(2), 113-122.

Harb A, Levandovski R, Oliveira C, Caumo W, Allison KC, Stunkard A, Hidalgo M. P. Night rating patterns and chronotypes: A correlation with binge rating behaviors. *Psychiatry research* 2012, 200(2), 489-493.

Haus E. Chronobiology in the endocrine system. *Advanced drug delivery reviews* 2007, 59(9), 985-1014.

Janečková D: Cirkadiánní preference: rozdílný život ranních ptáčat a nočních sov. 1. vyd. Olomouc: Univerzita Palackého, Filozofická fakulta, 2014.

Karatsoreos IN, Karatsoreos, IN. The relationship between circadian disruption and the development of metabolic syndrome and type 2 diabetes. *Drug Design, Development and Therapy* 2014, 8, 2431-2438.

Kasof, J. (2001). Eveningness and bulimic behavior. *Personality and Individual Differences*, 31(3), 361-369.

Laermans J, Broers C, Beckers K, Vancleef L, Steensels S, Thijs T, Depoortere I. Shifting the Circadian Rhythm of Feeding in Mice Induces Gastrointestinal, Metabolic and Immune Alterations Which Are Influenced by Ghrelin and the Core Clock Gene Bmal1. *PloS one* 2014, 9(10), e110176.

Larcher S, Benhamou PY, Pépin JL, Borel AL. Sleep habits and diabetes. *Diabetes & metabolism* 2015.

Lee JA, Park HS. Relation between sleep duration, overweight, and metabolic syndrome in Korean adolescents. *Nutrition, Metabolism and Cardiovascular Diseases* 2014, 24(1), 65-71.

Lin, Y. H., & Gau, S. S. F. (2013). Association between morningness–eveningness and the severity of compulsive Internet use: the moderating role of gender and parenting style. *Sleep medicine*, 14(12), 1398-1404.

Luca G, Habá Rubio J, Andries D, Tobback N, Vollenweider P, Waeber G, Tafti M. Age and gender variations of sleep in subjects without sleep disorders. *Annals of medicine* 2015, 47(6), 482-491.

- Merikanto, I., Lahti, T., Kronholm, E., Peltonen, M., Laatikainen, T., Vartiainen, E., ... & Partonen, T. (2013). Evening types are prone to depression. *Chronobiology international*, 30(5), 719-725.
- Morris CJ, Aeschbach D, Scheer FA. Circadian system, sleep and endocrinology. *Molecular and Cellular Endocrinology* 2012, 349, 91-104.
- Natale V, Ballardini D, Schumann R, Mencarelli C, Magelli V. Morningness–eveningness preference and eating disorders. *Personality and Individual Differences* 2008, 45(6), 549-553.
- Nohara K, Yoo SH, Chen ZJ. Manipulating the circadian and sleep cycles to protect against metabolic disease. *Frontiers in endocrinology* 2015,6.
- Nováková M, Sládek M, Sumová A. Human chronotype is determined in bodily cells under real-life conditions. *Chronobiology international* 2013, 30(4), 607-617.
- Pan W, Katin AJ. Leptin: A biomarker for sleep disorders?. *Sleep medicine reviews* 2014, 18(3), 283-290.
- Piffer, D., Ponzi, D., Sapienza, P., Zingales, L., & Maestripieri, D. (2014). Morningness–eveningness and intelligence among high-achieving US students: Night owls have higher GMAT scores than early morning types in a top-ranked MBA program. *Intelligence*, 47, 107-112.
- Portaluppi F, Tiseo R, Smolensky MH, Hermida RC, Ayala DE, Fabbian F. (2012) Circadian rhythms and cardiovascular health. *Sleep medicine reviews*, 16(2), 151-166.
- Quan, S. F., Howard, B. V., Iber, C., Kiley, J. P., Nieto, F. J., O'Connor, G. T., ... & Wahl, P. W. (1998). The Sleep Heart Health Study: design, rationale, and methods. *Sleep*, (20), 1077-85.
- Randler, C. (2007). Gender differences in morningness–eveningness assessed by self-report questionnaires: A meta-analysis. *Personality and Individual Differences*, 43(7), 1667-1675.
- Rakárová, M. (2014). Posuzování zdravotní způsobilosti k práci v noci. *General Practitioner/Praktický Lekar*, 94(2).
- Roenneberg T, Allebrandt KV, Merrow M, Vetter C. Social jetlag and obesity. *Current Biology* 2012, 22(10), 939-943.
- Roenneberg T, Kuehnle T, Juda M, Kantermann T, Allebrandt K, Gordijn M, Merrow M. Epidemiology of the human circadian clock. *Sleep medicine reviews* 2007, 11(6), 429-438.
- Santhi, N., Lazar, A. S., McCabe, P. J., Lo, J. C., Groeger, J. A., & Dijk, D. J. (2016). Sex differences in the circadian regulation of sleep and waking cognition in humans. *Proceedings of the National Academy of Sciences*, 113(19), E2730-E2739.
- Samson, D. R., Crittenden, A. N., Mabulla, I. A., Mabulla, A. Z., & Nunn, C. L. (2017). Chronotype variation drives night-time sentinel-like behaviour in hunter–gatherers. *Proceedings of the Royal Society B: Biological Sciences*, 284(1858), 20170967.

von Schantz, M. (2017). Natural variation in human clocks. In *Advances in genetics* (Vol. 99, pp. 73-96). Academic Press.

Shi SQ, Ansari TS, McGuinness OP, Wasserman DH, Johnson CH. Circadian disruption leads to insulin resistance and obesity. *Current Biology* 2013, 23(5), 372-381.

Smith, C. S., Folkard, S., Schmieder, R. A., Parra, L. F., Spelten, E., Almiral, H., ... Tisak, J. (2002). Investigation of Morning–Evening Orientation in Six Countries Using The Preferences Scale. *Personality and Individual Differences*, 32(6), 949–968.

Stevens R, Zhu Y. Electric light, particularly at night, disrupts circadian rhythmicity: is that a problem? *Phil Trans R Soc B* 2015, 1667(370):1-9.

Sun W, Huang Y, Wang Z, Yu Y, Lau A, Ali G, Shan G. Sleep duration associated with body mass index among Chinese adults. *Sleep medicine* 2015, 16(5), 612-616.

Van Dongen, H. P. A., & Kerkhof, G. A. (2011). Sleep loss and accidents—Work hours, life style, and sleep pathology. *Human Sleep and Cognition, Part II: Clinical and Applied Research*, 2, 169.

Walker RJ, Christopher AN, Wieth MB, Buchanan J. Personality, time-of-day preference, and eating behavior: The mediational role of morning-eveningness. *Personality and Individual Differences* 2015, 77, 13-17.

Wittmann M, Dinich J, Meroz M, Roenneberg T. Social jetlag: misalignment of biological and social time. *Chronobiology international* 2006, 23(1-2), 497-509.

Xi B, He D, Zhang M, Xue J, Zhou D. Short sleep duration predicts risk of metabolic syndrome: A systematic review and meta-analysis. *Sleep medicine reviews* 2014, 18(4), 293-297.