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Final Ninja Zero is an action platformer game created by Nitrome. It is the prequel to final-ninja which you can play on Poki. In this game, you assume the role of Takeshi, the same hero from the first Final Ninja game. It takes place forty years before the events of the Final Ninja. Learn more about Takeshi's past while mastering your ninja skills. There are 24 levels in Final Ninja Zero. Run, jump, and

Decreased sunlight can cause drops in your body's production of serotonin, a brain chemical that helps to determine mood. Lack of light can also alter the brain's balance of melatonin, a chemical produced during the hours of darkness that helps to govern sleep patterns and mood.

The Dangers of Winter Darkness: Weak Bones, Depression and Heart ...

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We are affected a great deal by being more tired. And it's very much due to our physiological processes in the body. The sleep hormone we have called melatonin is secreted in the body when it's dark.

How the body is affected by sleep deprivation and darkness

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