

Even if you spend all day on the beach, by the evening you will still feel fatigue. And behind this is many physiological processes.

Thermoregulation and dehydration. In the sun, our body goes into emergency cooling mode. This makes the heart work faster, and in general it requires more energy. According to physiologists, in the heat we breathe more often and consume more energy. In addition, the risk of dehydration increases, which leads to a feeling of fatigue.



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Sun, inflammation, genetics. Studies show that with prolonged stay in the sun, mental fatigue occurs. And it does not depend on the air temperature. If you have received a burn, then inflammation develops in the body to combat this damage.

One experiment on flies also gave interesting results. Scientists have discovered a neuron circuit in them, which, with an increase in external temperature, activates the areas responsible for sleep. That is, hot weather makes the flies hibernate to save energy. Perhaps

The expert explained why we get tired of a beach holiday

people have a similar mechanism.

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