

Not sleeping well? Your DNA may be partly to blame

The following is an excerpt.

By late January many of us residing in northern latitudes aren't sleeping well, overeat and are looking forward to the long sunlit days of July. Some people even get clinically depressed: a recent study revealed that some 10 percent of New Hampshire residents suffer from seasonal affective disorder. For too many people, this might seem like just a quirk of their personalities, or worse, a shortcoming. But the cause for our malaise lies in the working of our genes, organs — and, ultimately, in the chemical structure of moon rocks, like the ones returned by the Apollo space program.

Read the full article here: [January Is the Cruellest Month](#)