A

B

salivary cortisol (nmol/l) one hour after awakening

< 5 5 – 10 10 – 20 20 – 30 30 – 40 40 – 50 50 – 60 60 – 70 70 – 80 > 80

age (years)

female
male

spring summer autumn winter

0 2 4 6 8 10