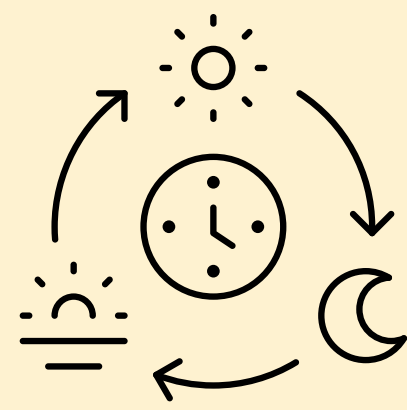


**FOLLOWS DAILY PATTERN:
INCREASES IN MORNING,
DECREASES THROUGHOUT THE DAY**



BODY'S MAIN STRESS HORMONE



**STRESSFUL EVENTS CAN
CAUSE LEVELS TO RISE**

**BRAIN
FUNCTION**



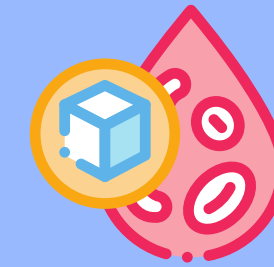
IMMUNE SYSTEM



**BLOOD
PRESSURE**



EFFECTS IN THE BODY



**BLOOD
SUGAR**



METABOLISM



SLEEP

What is Cortisol?

SALIVA



RECENT LEVELS

Min, hour, day



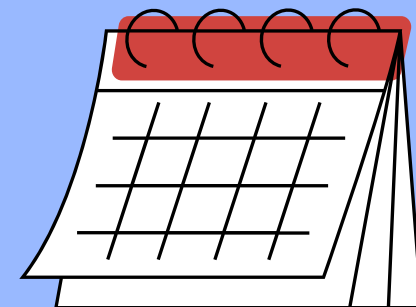
HOW IS IT MEASURED?

HAIR



LEVELS OVER TIME

Months



**PARENT CORTISOL DURING
PREGNANCY AND AFTER BIRTH
LINKED TO INFANT CORTISOL**

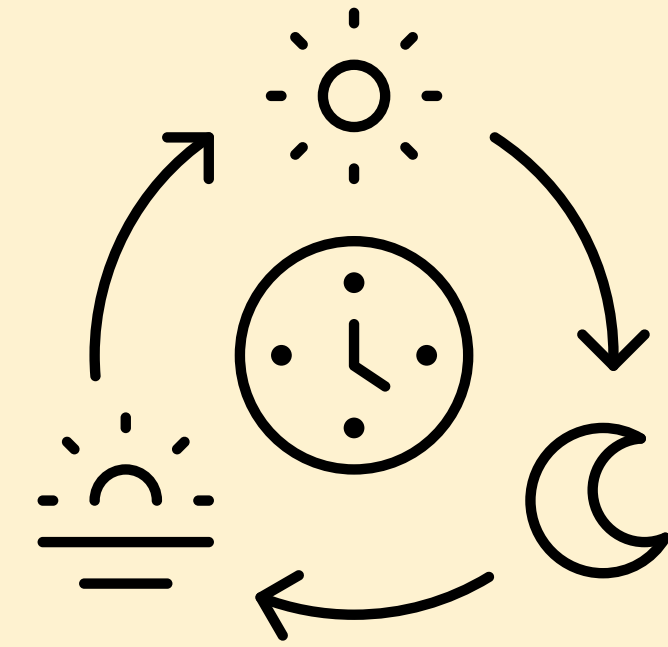


WHY MEASURE CORTISOL?

**CAN HELP US UNDERSTAND THE LINK
BETWEEN STRESS AND CHILD
DEVELOPMENT**



**FOLLOWS DAILY PATTERN:
INCREASES IN MORNING,
DECREASES THROUGHOUT THE DAY**



BODY'S MAIN STRESS HORMONE



**STRESSFUL EVENTS CAN
CAUSE LEVELS TO RISE**



SALIVA

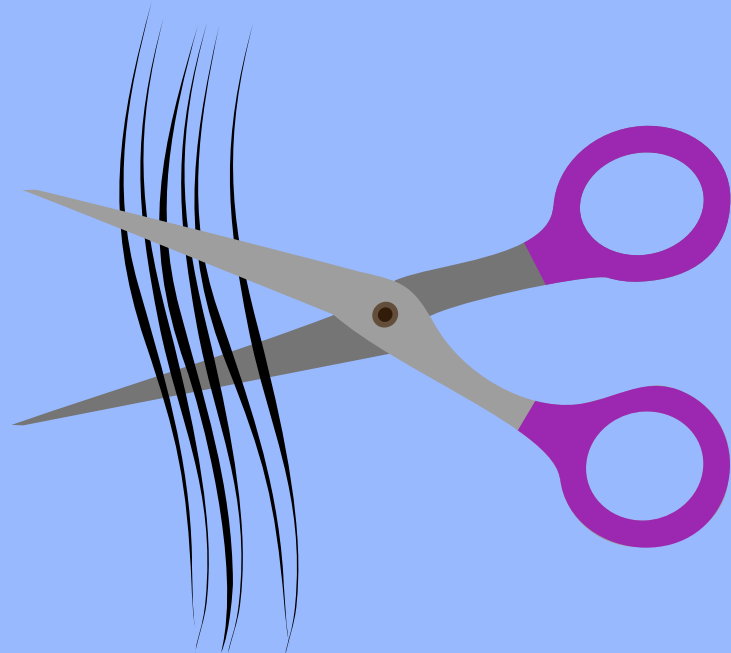


RECENT LEVELS

Min, hour, day



HOW IS IT MEASURED?

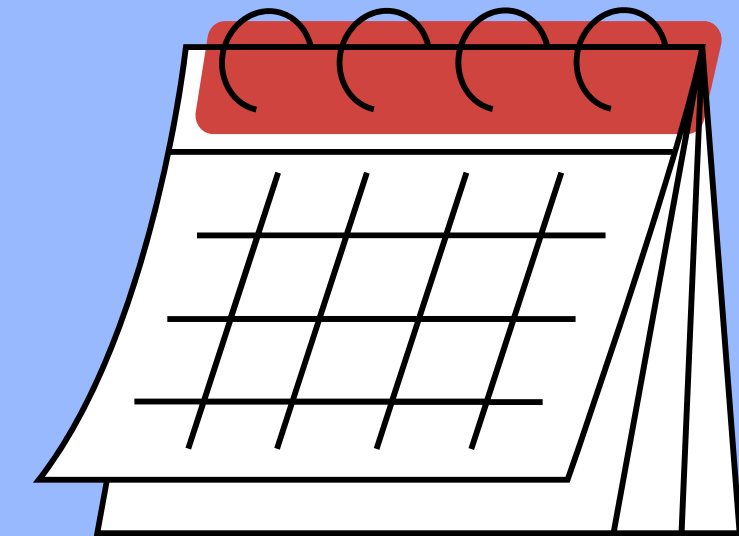


HAIR



LEVELS OVER TIME

Months



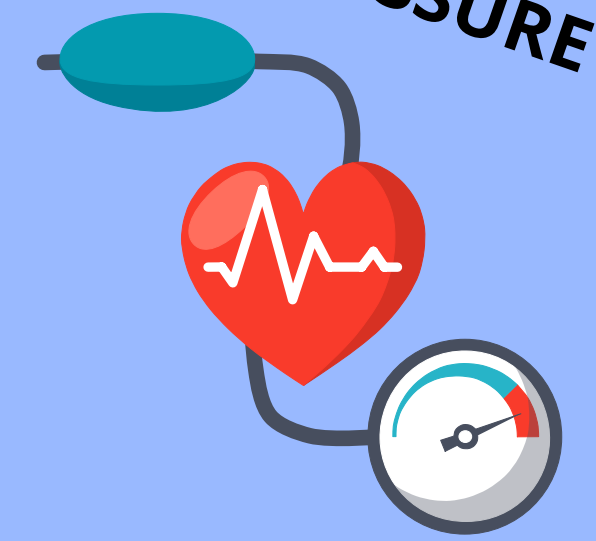
**BRAIN
FUNCTION**



IMMUNE SYSTEM

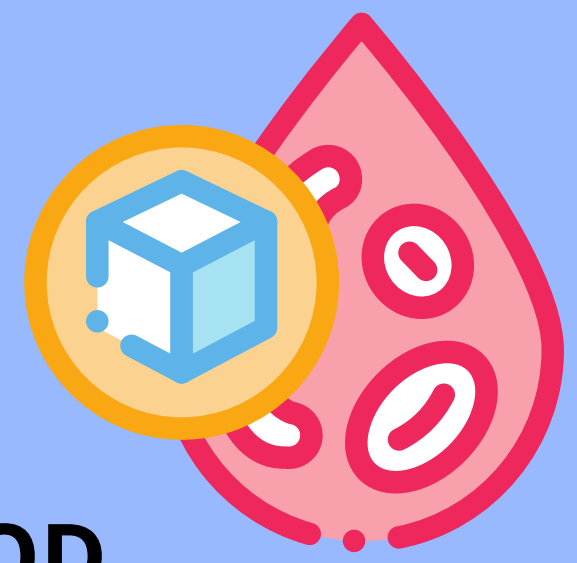


**BLOOD
PRESSURE**



EFFECTS IN THE BODY

**BLOOD
SUGAR**



METABOLISM



SLEEP



**PARENT CORTISOL DURING
PREGNANCY AND AFTER BIRTH
LINKED TO INFANT CORTISOL**



WHY MEASURE CORTISOL?

**CAN HELP US UNDERSTAND THE LINK
BETWEEN STRESS AND CHILD
DEVELOPMENT**

