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**AN OVERVIEW OF THE LATEST STUDIES ON IMMUNOSTIMULANTS ON  
THE BACKGROUND OF COVID-2019 PANDEMIC**

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As of writing this abstract more than 125 thousand people has been infected with 2019 novel coronavirus (CoVid-2019), more than six thousands have died, and many cities are now under quarantine. The World health organization declared as of today CoVid-2019 as a global pandemic. Currently no antiviral drug nor a vaccine have been developed, which leaves millions of people at the risk of infection or possibly death by the CoVid-2019.

With the absence of an antiviral drug or a vaccine against the novel virus, our natural immune system is the main defense and our only hope, which leads us wonder: what can we do to boost our own immune system? It will not only decrease the mortality risk from CoVid-2019, but also from other viral, bacterial, and fungal infections (this is important as we are approaching the post antibiotics era).

Immune stimulation may also have the potential of decreasing the risk of developing neoplasia directly or indirectly by boosting our immune response to carcinogenic virus.

In this paper we will review the latest studies concerning immunostimulants, as well as the effects of sleep and lifestyle on the state of our immune systems.

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