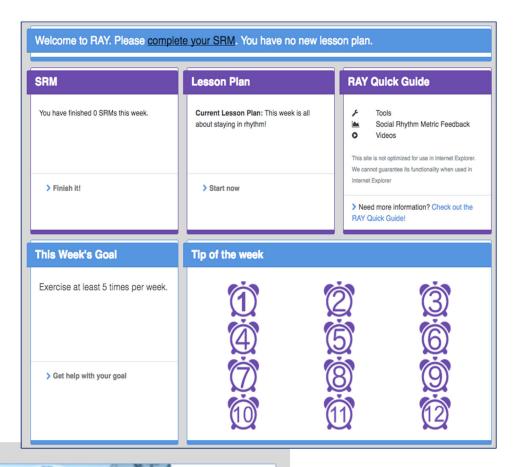
RAY SCREEN SHOTS



Top to bottom:

- 1. Logo
- 2. Home screen
- 3. Image from Lesson 1
- 4. Image from Lesson 12



What Are Circadian Rhythms?



Circadian rhythms are body activities that run on an approximately 24 hour cycle.

- · Examples of circadian rhythms include the sleep-wake cycle, digestion patterns, and body temperature changes during the day
- . Circadian rhythms are controlled by your internal clocks (the body clock) and the external world (daylight and darkness)
- . Body clocks can be found in almost every body part including your skin and stomach.
- The main or "central" body clock is located in your brain
- . Body clocks-and therefore circadian rhythms-run on an approximately 24 hour cycle.
- . Virtually all living creatures (including plants!) have circadian rhythms
- · Circadian rhythms help plants and animals live in sync with their environment

Click here to learn more about the biology of Circadian Rhythms



