

# Download Biological Timekeeping Clocks, Rhythms And Behaviour

A circadian rhythm (/ s ɪr ɪ k eɪ d i ɪ n /) is any biological process that displays an endogenous, entrainable oscillation of about 24 hours. These 24-hour rhythms are driven by a circadian clock, and they have been widely observed in plants, animals, fungi, and cyanobacteria. A clock is an instrument used to measure, keep, and indicate time. The clock is one of the oldest human inventions, meeting the need to measure intervals of time shorter than the natural units: the day, the lunar month, and the year. Research Interests. Health and safety consequences of insufficient sleep and circadian misalignment. Development of countermeasures and treatments for sleep and circadian disruption to improve public health and safety. Most animals alternate periods of feeding with periods of fasting often coinciding with sleep. Upon >24 hr of fasting, humans, rodents, and other mammals enter alternative metabolic phases, which rely less on glucose and more on ketone body-like carbon sources., Biological Timekeeping Clocks, Rhythms And Behaviour.

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