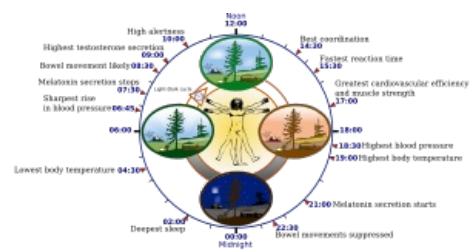


Circadian rhythm

Circadian rhythm is a biological rhythm with a period of approximately 24 hours, it can fluctuate between 20 and 28 hours (lat. circa = approximately, dies = day). These are regularly recurring changes in physiological functions, e.g. body temperature, hormone secretion, blood pressure, etc.

The circadian rhythm is one of the biorhythms.



Biological clock

Links

Related articles

- Sleep
- Sleep Disorders

Source

- ŠVÍGLEROVÁ, Jitka. *Cirkadiánní rytmus* [online]. [cit. 2010-11-11]. <https://web.archive.org/web/20160306065550/http://wiki.lfp-studium.cz/index.php/Cirkadiánní_rytmus>.