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## **Biological Rhythms Sleep Relationships Aggression**

Understanding the timing of our biological rhythms tells us the optimal ... research about how chronotype affects behavior, health, mood, cognition, and sleep. But many people don't fit ...

## **Psychology Today**

Circadian rhythms ...  
biological rhythms are

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also fundamentally  
different in phase

between the types,  
though social needs  
may impose a

superficial similarity on  
their behavior with  
regard to sleep ...

Psychology

**Circadian Rhythm**

**Length Variations -**

**Early Birds and**

**Night Owls**

Why do we feel off if  
we can't go to sleep ...  
rhythms within the  
vasopressin neurons.

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They found that while the rhythm of activity matched the timing of behavior in control mice, this ...

Development

**How behavioral rhythms are fine-tuned in the brain**

Marriage is an emotional relationship

... She said, "Generally, sleep is one of the biological activities that are part of the rhythm of our lives. We sleep because the

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system needs to rest.

Relationships

**Agitated patients  
attack us but we are  
always on guard —**

**Psychiatrists**

In her new book,

“Sharing the Covers:

Every Couple’s Guide

to Better Sleep,” she

explores how sleeping

together impacts both

our slumber and our

relationship. I spoke

with Dr. Troxel about ...

**Partner Keeping You**

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## **Awake? Here's How to Fix That**

“While researchers have shown that biological factors influence changes in productivity between day and night shifts, we establish that such relationship is also important within a standard day ...

**The time of day  
when you are least  
productive will  
surprise you**

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Activity patterns can be important indicators in patients with serious mental illness. Here, we utilized an

accelerometer and electrocardiogram incorporated within a digital medicine system, which ...

**Characterization of activity behavior using a digital medicine system and comparison to medication ingestion**

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Rhythms, Sleep  
**in patients with  
serious mental  
illness**

They point out that disruption of the body's natural circadian rhythm is known to be involved ... "Even though many knowledge gaps on the relationship between sleep and CVD [cardiovascular disease] ...

**Disrupted sleep is  
linked to increased**

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**risk of death,  
particularly in  
women**

Disturbances in the natural body clocks, or circadian rhythms ... is a sleep disorder which causes repetitive cramping or jerking of the legs, resulting in disturbance of sleep. REM Behavior ...

Psychology 2  
**Insomnia Increases  
Suicidal Thoughts in  
Schizophrenia  
Patients**

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To examine the relationship between circadian dysfunction ... effects of this phase-dependent neuronal activation on aggression using a resident intruder paradigm, and separately on sleep-wake rhythms ...

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**Project Leaders**

In most cases your teen is just not getting enough sleep ... biological clock than

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adults. Though adults need 7 to 8 hours of sleep, teens - whose bodies are still growing - need between 8.5 to 9.5 ...

Development

Area A2

**Sleep for Success:  
Later High School  
Start Times Benefit  
Student Success**

That has posed a

“chicken or egg question of which comes first, the sleep problem or the pathology,” said Dr.

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Rhythms, Sleep

Erik Musiek, a neurologist and co-director of the Center on Biological Rhythms and ... the ...

Development

**Sleeping Too Little in Middle Age May Increase Dementia Risk, Study Finds**

His research interests primarily focus on understanding the neural mechanisms and functions of sleep and circadian rhythms.

Andrew loves ... and

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researching the  
complex relationship  
between the brain ...

Aggression

**Dr. Andrew Gall**

More importantly, in  
our society people do  
not satisfy their  
biological needs ...  
factory demanded  
regularity of behavior,  
a life governed by  
obedience to the  
rhythms of clock and  
calendar ...

**The Unabomber**

*Page 16/19*



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### **Trial: The Manifesto**

According to Hartstein,

“your prosodic of  
speech, tone, rhythm

... up in a ball when

they sleep just for

cuteness points. They

essentially curl up due

to a biological instinct

to protect ...

### **50 Fun Facts About**

### **Dogs**

Animals are

remarkably diverse in

their sleep and activity

patterns due to

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foraging strategies,

social behavior and

their ... rather than an

endogenous circadian

rhythm. In addition,

researchers ...

Development

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**How did 500 species**

**of a fish form in a**

**lake? Dramatically**

**different body**

**clocks**

The consistency of

your sleep ... biological

clock running "on

time," according to our

individual biological

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timing. Sleeping and waking irregularly from day to day throws circadian rhythms ...

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