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The Circadian
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~~Health lies in
healthy~~

~~circadian habits~~

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Scientifically

proven better

sleep and less

stress Andrew

Huberman, PhD +

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Joe De Sena

Satchin Panda -
Circadian Theory
of Health ~~Why do
we sleep?~~ |

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The brain

*benefits of deep
sleep -- and how
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(What makes IF
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How to Sleep
Like a Baby
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~~slept 4.5 hours
a night
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Polyphasic Sleep

- How to

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On The Rules Of

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How Neuroscience
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Scientists

Really Know

About Polyphasic

Sleep? Sleep

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Rhythms - Inside

the Brain **Joseph**

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**Takahashi (UT So
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Part 1A:

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Clocks: Clock

Genes, Cells and

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Andrew Huberman:

Macronutrients

of Mental Health

and the

Neuroscience of

Sleep *The clock*

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*in every cell of
your body |*

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keeping in the*

brain - Michael

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Timing and

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*Rhythms **The***

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**Sleep: Melatonin
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elucidated the basic neuroanatomy, neurochemistry, and molecular neurobiology of the master circadian pacemaker located in the hypothalamic suprachiasmatic nucleus (SCN). The circadian

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timing system is composed of a large number of cellular oscillators located in the SCN, in non-SCN brain structures, and throughout the body.

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Prog Brain Res.
2012;199:xi-xii.
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Kalsbeek, Martha
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Found in most living organisms, circadian rhythms are regulated by light, behavior, and a biological clock mechanism—a set of clock genes located in cells throughout the body. Our master

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biological clock, based in the brain's hypothalamus, is a cluster of about 20,000 nerve cells called the suprachiasmatic nucleus (because they sit above the optic chiasm).

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