I Biological Rhythms

* Biological Rhythms- Define
* Endogenous-Define
* Circadian Rhythms- Define
	+ Examples
* What do rhythms influence?
1. Circadian Rhythms
* Where do they exist?
* How do we test them?
	+ What did they find
1. Body’s Clock
	* Surprachiasmatic Nucleus- Define
		+ Where is it located?
		+ Example of what it controls
		+ Melatonin- Define
			- What is it associated with?
2. When the Clock is Out of Sync
	* Internal Desynchronization- Define
	* Best example?
	* Describe how one should do shift work and why
3. Mood and Long-Term Rhythms
* Does the Season Affect Mood?
	+ Seasonal Affective Disorder- Define
		- Treatments
		- %’s given
* Does the Menstrual Cycle Affect Mood?
	+ Physical Symptoms?
	+ Emotional Symptoms?
	+ How do we study this?
	+ What are the findings? Name and Explain
1.
2.
3.
* Does Testosterone Affect Mood?
	+ Fluctuations?
	+ High levels are linked with what?
		- Examples of when it rises