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



* Does Testosterone Affect Mood?
  + Fluctuations?
  + High levels are linked with what?
    - Examples of when it rises