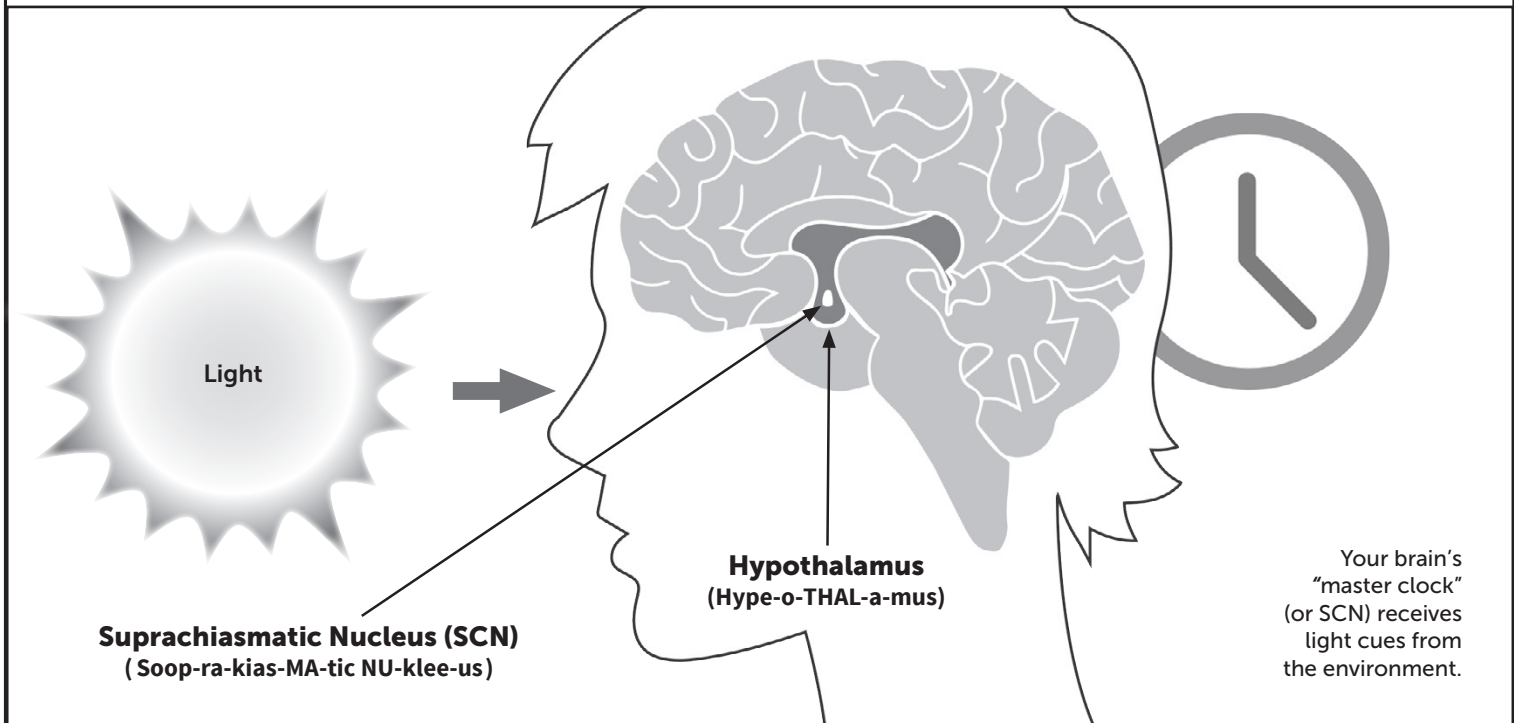


VOCABULARY LIST



biological clocks (*noun*): an organism's innate timing devices. Most human cells and organs have a clock. Biological clocks produce circadian rhythms and regulate their timing.

caffeine (*noun*): a chemical substance, found in products like coffee, tea, and cocoa, which stimulates your brain and body and makes you feel more awake and alert for a little while.

chronotype (*noun*): the internal circadian rhythm of a person that influences the 24-hour cycle of sleep and activity (aka your "sleep personality," or when you like to go to sleep).

circadian rhythms (*noun*): physical, mental, and behavioral changes that follow a 24-hour day-night cycle.

gene (*noun*): a small section of DNA that contains the

instructions for making a specific protein.

hypothalamus (*noun*): a small area in the center of the human brain. It plays an important role in hormone production and helps to stimulate many important processes in the body.

jet lag (*noun*): a disruption of a person's circadian rhythms from long-distance travel, causing extreme tiredness and other physical effects.

melatonin (*noun*): a hormone in your body that plays a role in sleep. The production and release of melatonin in the brain is connected to the time of day, increasing when it is dark out and decreasing when it is light out.

neuron (*noun*): a cell within the nervous system that

transmits information to other nerve, muscle, or gland cells.

proteins (*noun*): large, complex molecules that are essential for all life processes, playing a key role in the structure, function, and regulation of the body's tissues and organs.

sensory receptor (*noun*): a nerve ending that reacts to a physical stimulus in the internal or external environment.

suprachiasmatic nucleus (*noun*): a tiny region of the brain in the hypothalamus. It acts as the "master clock," controlling the clocks throughout the body and driving various circadian rhythms adapted to Earth's 24-hour day-night cycle.

synchronize (*verb*): to occur at the same time.