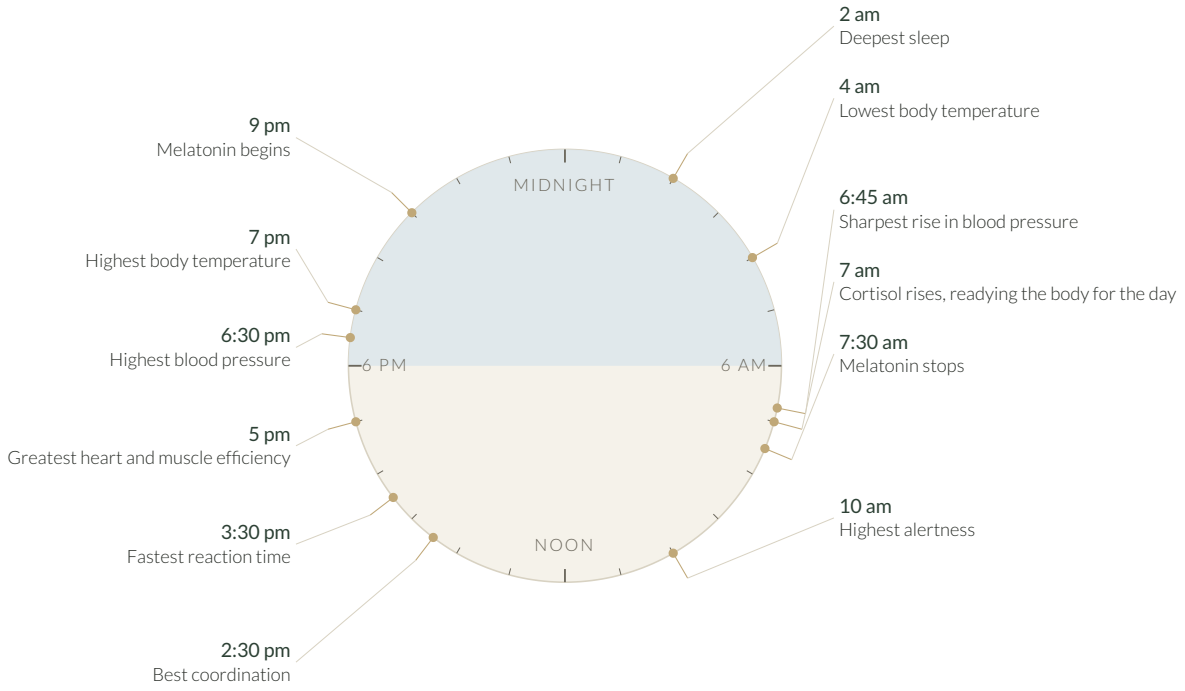
The circadian rhythm

The daily rhythm of our bodies.



A circadian rhythm is the mental, physical and behavioural changes that follow a 24-hour cycle. Most living things are shaped by it, and light and dark set it more than anything else.



Typical times through a day. Every body keeps its own time, so treat these as a gentle guide rather than a clock to obey. Light from screens in the evening can hold back melatonin, the hormone that tells the body it is time to sleep. The times on the clock come from Healthline's article "Everything to Know About Your Circadian Rhythm".

MY DAY NOW

Morning

Afternoon

Evening

MY DAY AS I WOULD LIKE IT

Morning

Afternoon

Evening