

Bios 90 study questions: circadian rhythms. Lecture 9/12/07

These topics have been covered in my lecture. Some or all may appear on the test

1. What are the three characteristics of circadian rhythms??
2. What is free running rhythm? Most free running rhythms differ from 24 hours – why is this important?
3. What and where is the master oscillator?
4. What is the most powerful zeitgeber? How does this stimulus input to the master oscillator?
5. What is jet lag?
6. How is shift work like jet lag?
7. Name one molecular element involved in circadian rhythms.

Sources:

1. Wikipedia
2. web md
3. <http://healthlink.mcw.edu/article/922567322.html>
4. <http://www.sleephomepages.org/sleepsyllabus/fr-g.html>

(this is a nice site for sleep as well)

5. <http://users.rcn.com/jkimball.ma.ultranet/BiologyPages/C/Circadian.html> (this source has a nice explanation of the per gene)
3. http://scienceblogs.com/clock/2007/07/clock_tutorial_12_constructing_1.php (this site has nice explanation of the PRC)