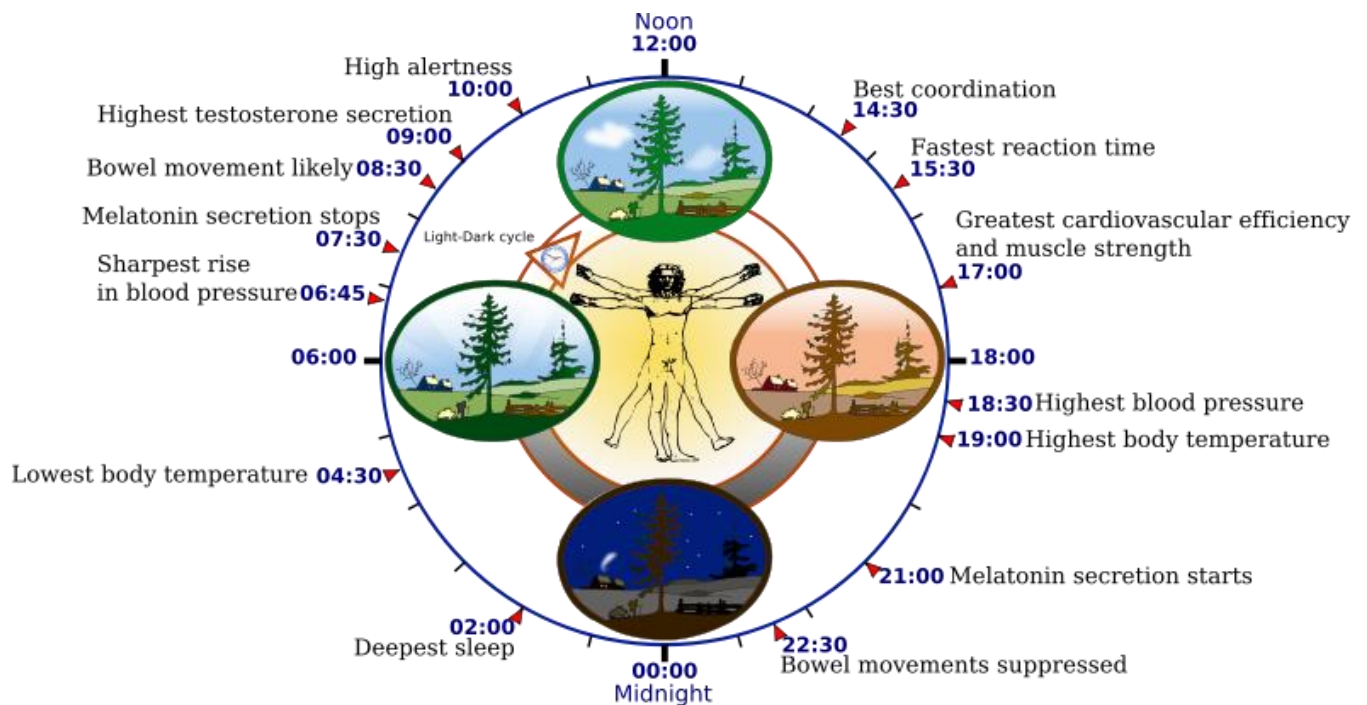


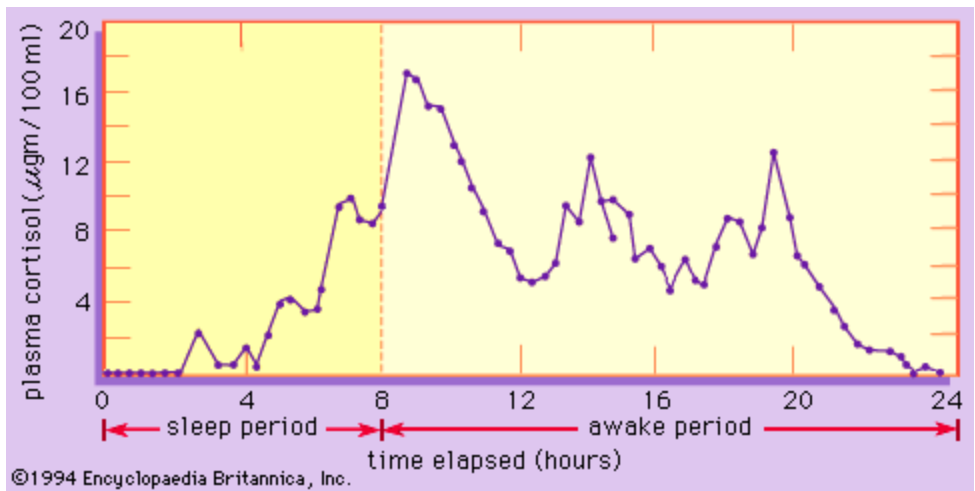
Circadian Rhythm Chart



Melatonin secretion starts around 9pm and ceases around 7:30am with our period of deepest sleep at 2am. This sets in place a natural sleep cycle for us as humans

We also see that our lowest body temperature is at 4:30am and our highest is at 7pm. This natural temperature variation allows for many processes in our body to function correctly.

Cortisol Levels in the Circadian rhythm



2am 6am 10am 2pm 6pm 10pm 2am

You can see the highest levels are between 6 and 8am and the lowest levels in the early hours of the morning around 2 am. There is typically a big drop between 8am and 11 am and then a gradual decline through the day