

Table 4.1

Examples of Human Circadian Rhythms

Function

Peak mental alertness and memory functions

Lowest body temperature

Highest body temperature

Peak physical strength

Peak hearing, visual, taste, and smell sensitivity

Lowest sensitivity to pain

Peak sensitivity to pain

Peak degree of sleepiness

Peak melatonin hormone in blood

Peak allergic sensitivity to pollen and dust

Typical Circadian Rhythm

Two daily peaks: around 9:00 A.M. and 9:00 P.M.

About 97°F around 4:00 A.M.

About 99°F around 4:00 P.M.

Two daily peaks: around 11:00 A.M. and 7:00 P.M.

Two daily peaks: around 3:00 A.M. and 6:00 P.M.

Around 4:00 P.M.

Around 4:00 A.M.

Two daily peaks: around 3:00 A.M. and 3:00 P.M.

Between 1:00 A.M. and 3:00 A.M.

Between 11:00 P.M. and 1:00 A.M.

SOURCES: Campbell (1997); Czeisler & Dijk (2001); Refinetti (2000);, M. Young (2000).

Hockenbury 14a Psychotherapies

Didier Musso



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