

Chronobiology



Kahoot!

STRESS

- Stress responses are dependent on the internal body clock and the time of day
- It can keep you up at night and exhausted during the day
- For example managing your time and completing tasks early are some of the most effective ways to control stress
- We can control how many hobbies we have and how we prioritize our school work to reduce stress



EXERCISE

- During exercise, your body releases chemicals that can improve your mood and make you feel more relaxed.
- Exercise improves your sleep. It can help you fall asleep faster and stay asleep longer.
- Exercise may also increase your chances of living longer.



FOOD

- Eating well helps to reduce the risk of physical health problems like heart disease and diabetes. **It also helps with sleeping patterns, energy levels, and your general health.**

- **When** we eat is as important as **what** we eat.

- **Foods**, like complex carbohydrates, that contain soluble fiber **can** slow the absorption of sugar into **your** bloodstream and increase serotonin, the “feel good” chemical, both of which decrease **mood** swings.

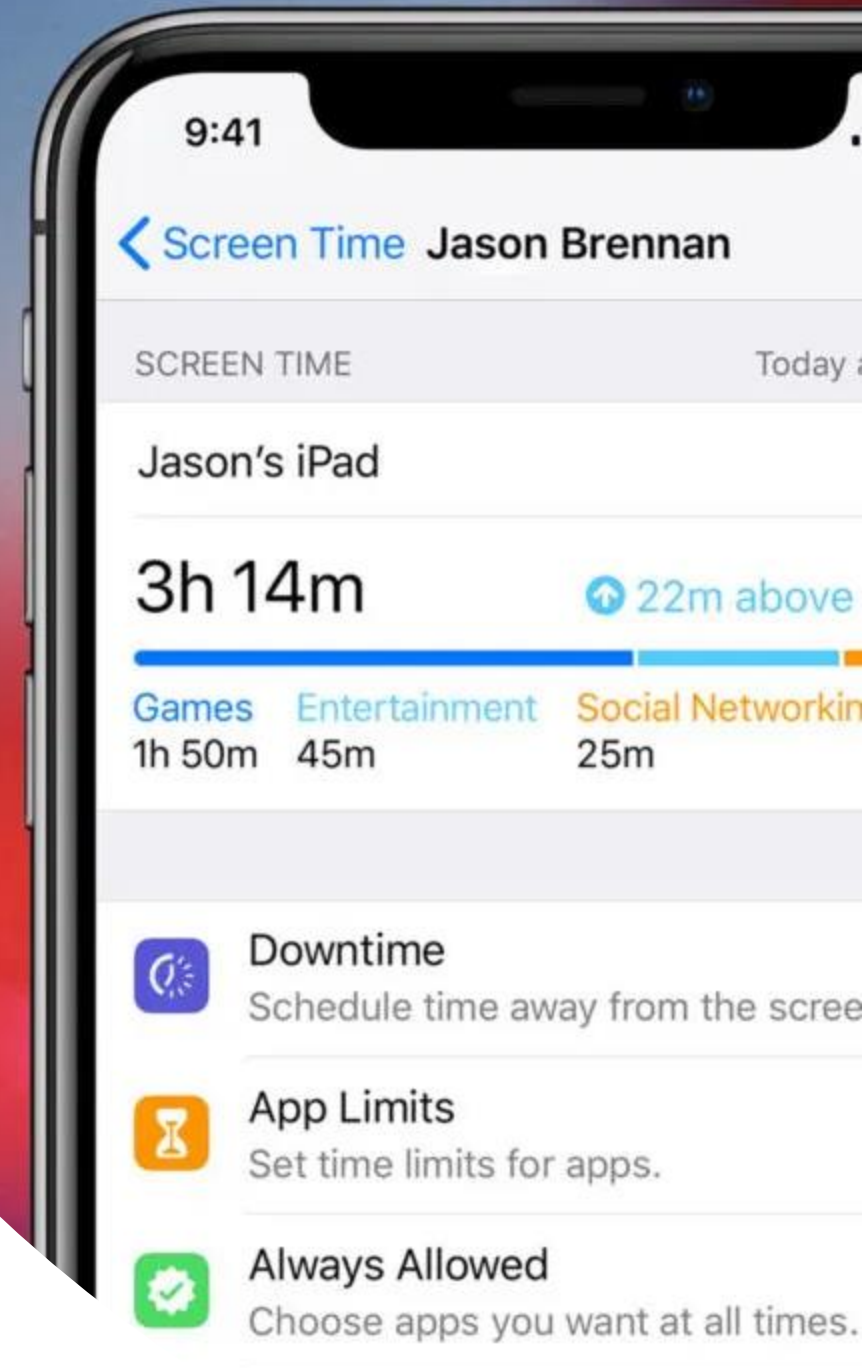
In addition, the following consequences can occur:

- Increased weight gain/stubborn weight loss
- Insulin resistance and increased blood glucose levels
- Impaired melatonin secretion (therefore poor sleep quality)
- Hormone disruption
- Increased heart rate variability



SCREEN TIME

- Screen time can mess with the body's clock
- More screen-time has been linked with shorter sleep duration, decreased sleep efficiency and longer sleep onset delay
- Blue light from screens has a similar effect to caffeine
- Using screens can also affect one's physical health
- Can have an impact for example ability to concentrate, learning and social skills



STRESS EXERCISE FOOD SCREEN TIME

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How many of you have encountered problems with the things that we just talked about?

How can you improve the quality of your sleep?

Do you have a healthy diet? How would you improve it? Is it hard to eat healthy?

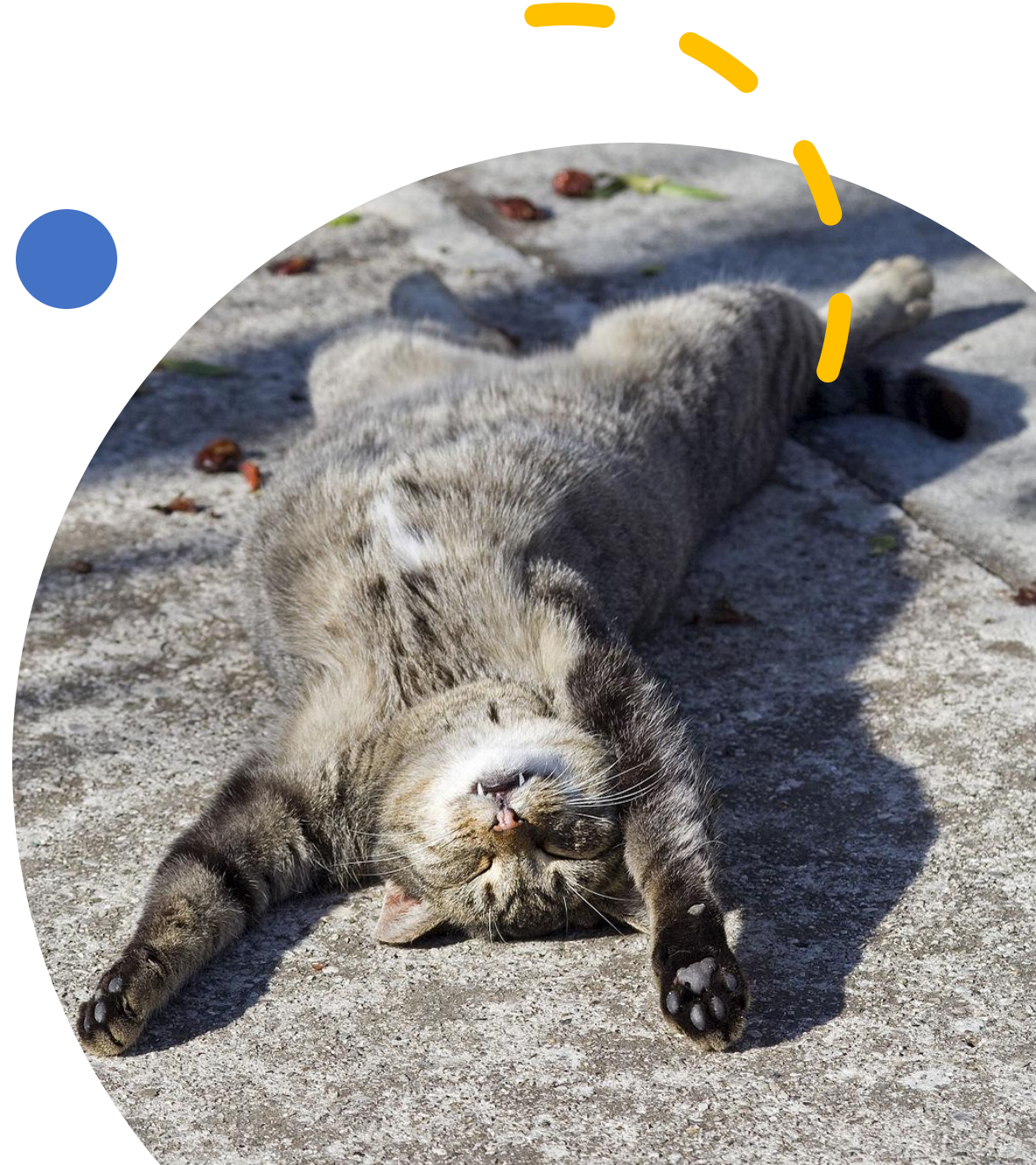
Do you have any time management tips to share?

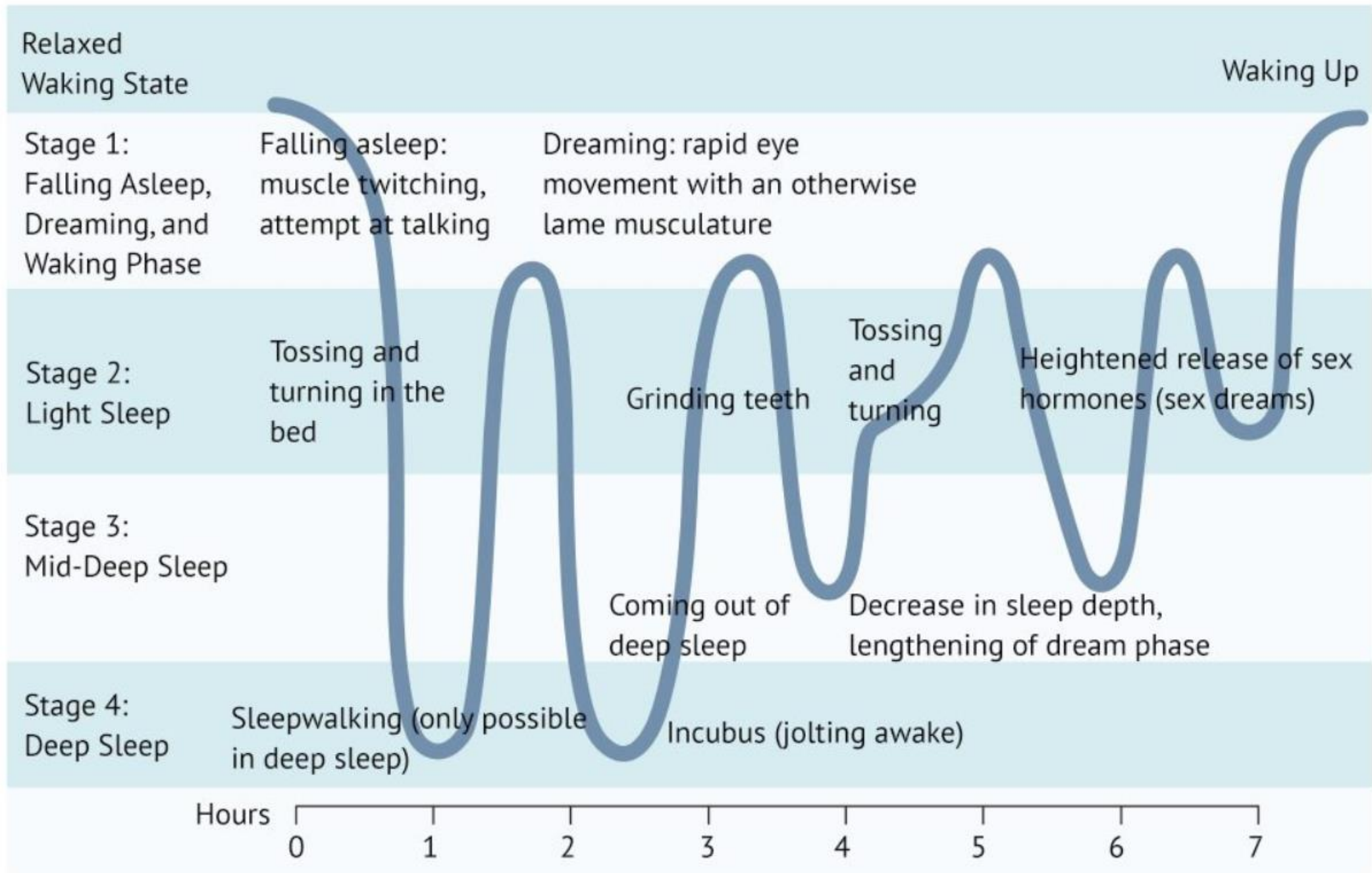
How does physical activity affect you personally?

How do you relieve stress?

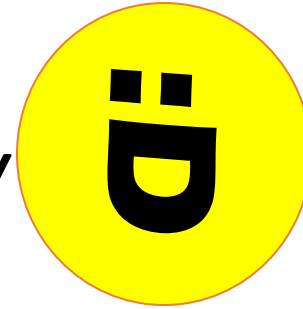
SLEEP

- Irregular circadian rhythms have harmful effect on sleep
- Manipulating the amount of light can help to reset the inner clock and emphasize **natural sleeping patterns**
- By staying up too late and not getting enough sleep, you'll skip stages of sleep
- Stress, unhealthy diet and certain groceries may cause sleeping problems





Chronobiology SUMMARY



- Chronobiology refers to the day-night cycle that affects the human organism when the earth rotates
- When we eat is as important as what we eat
- Time management reduces stress
- Learn to control the amount of screen time
- Good night, **sleep tight**, don't let the bugs bite!

Kiitos!



Tack! Danke! Aitäh! Gracias!