



The Age of Miracles **Understanding Circadian Rhythms**

1. First, watch this brief overview of circadian rhythms to get a general idea of the concept. Summarize the video here with three or four COMPLETE SENTENCES. <https://www.youtube.com/watch?v=UbQ0RxQu2qM>

2. Go to <https://www.youtube.com/watch?v=o0q3veMwv6A> and watch the TEDx video. Answer these questions with COMPLETE SENTENCES.

- How does the circadian clock in your brain work?
- How does traveling across time zones demonstrate the power of our circadian clocks?
- How is our circadian clock “tuned?”
- What positive effect does blue light have on us?
- What negative effect does blue light from electronic devices have on us?
- How are fruit flies just like us in regard to sleep?
- Why would this program be called “The Dark Side of Light?”
- Do you think your sleep is negatively affected by blue light from electronic devices? What makes you think so?

3. Go to <http://www.theatlantic.com/health/archive/2012/03/your-bodys-internal-clock-and-how-it-affects-your-overall-health/254518/> and read the article. After reading the article, select ONE of the prompts and answer with a well-developed paragraph. Use quotes from the article as support.

- What are the potential negative health effects of sleep deprivation or of having one's body clock affected by too much light? Use quotes from the article as support.
- What examples do we see in *The Age of Miracles* that align with the concepts in the article? Use quotes from the article as support.