but less well known is that a circadian clock – a series of molecular events - is part of our biological rhythms. The discipline dealing with those questions, Chronobiology, is a branch of biology that studies the rhythms in the living world. These rhythms are biochemical, physiological, and behavioural cycles. These oscillators represent the key component in the human biological clock, which is influenced by light and darkness. Understanding our internal biological clocks may lead to treatments for obesity, diabetes and sleep disorders, say researchers.

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Biological Rhythms 18 Jan 2013. Driving these rhythms at an anatomical and cellular level are circadian clock networks comprising core clock genes and an ever-expanding list of molecules that allow them to respond. Indeed, the clock-like rhythms can continue for several days in the absence of environmental cues. The sleep/wake cycle of our circadian rhythm is a familiar concept, observable biological rhythms. The discipline dealing with those questions, Chronobiology, is a branch of biology that studies the rhythms in the living world. These rhythms are biochemical, physiological, and behavioural cycles. These oscillators represent the key component in the human biological clock, which is influenced by light and darkness. Understanding our internal biological clocks may lead to treatments for obesity, diabetes and sleep disorders, say researchers.

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