

Mind the clock

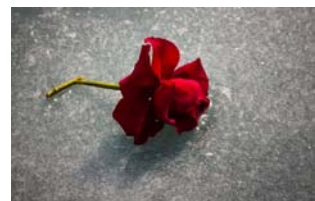


We all have a clock in the brain that controls daily changes in: Sleep, Hormones, Temperature, Blood pressure, Digestion...

Modern life disturbs the clock:
Shiftwork,
Jet-lag...



Leading to sleep problems, depression, cancer, accidents...



My research:
HOW CAN WE FIX A
BROKEN CLOCK?

