

An orange alarm clock with a white face and black numbers is positioned in the lower-left quadrant of the image. The clock face shows the time as approximately 10:10. The background is a soft-focus image of green grass and small white flowers. Overlaid on the clock and background is the text '11. Daily rhythm' in a large, black, sans-serif font. Below this, the text 'Joonas Jokinen M.A. Sport Sciences' is displayed in a smaller, grey, sans-serif font.

# 11. Daily rhythm

Joonas Jokinen M.A. Sport Sciences

# Circadian rhythm (Body clock)

- You can either support or confuse the working of your body clock with your actions
- Continuous irregularities in circadian rhythm cause wide variety of health symptoms

Sleep-  
wake  
timing

Melatonin  
(makes you feel  
drowsy)

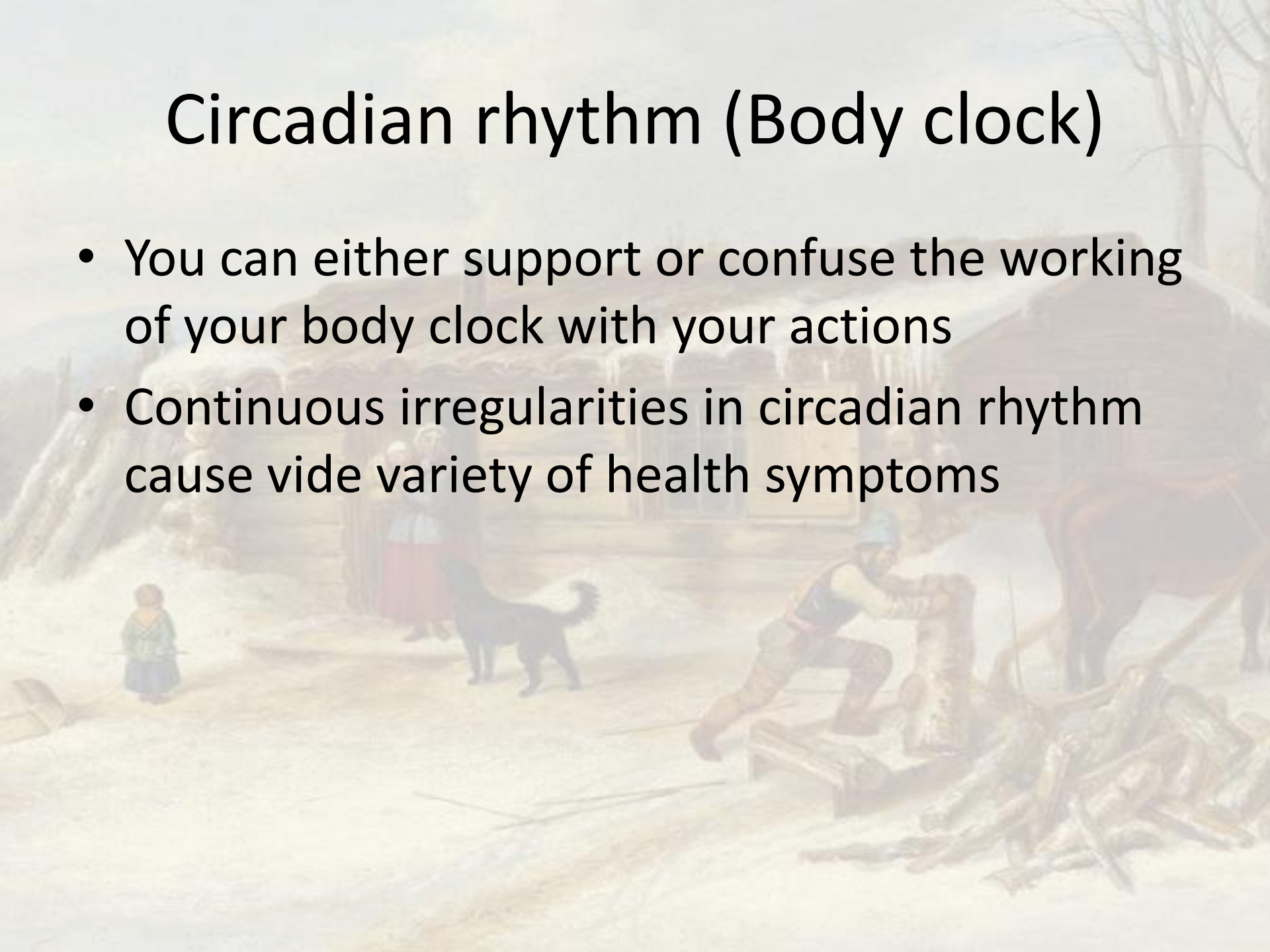
Blood  
pressure

Arousal  
level



# Circadian rhythm (Body clock)

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# Healthy daily rhythm

- Best way to take care of your body clock is to maintain regular daily rhythm
  - Regular meal times for: Breakfast, lunch, dinner and iltapala (supper)
  - Getting enough sleep (regular bed time)
  - Having hobbies

# Maintaining daily rhythm

- You guardian is responsible for providing you the possibility to maintain the daily rhythm
- This means constant meal times, sufficient food, curfews, quiet time before bed etc.
- Having hobbies pace the daily rhythm well during your week

# Homework...

- Do you have a constant daily rhythm?
- Write down your basic daily rhythm from waking up to bed time
- Write down the times for all the actions during the day and also count your daily screen time

