Biology 2425: Human Physiology Lab

Updated 7/2025

**Circadian Rhythm Worksheet**

Circadian Rhythm, often referred to as the body’s natural “Biological Clock”, regulates many daily processes. This internal cycle is influenced by the Earth’s regular periods of light and darkness, leading to predictable patterns in sleep and wakefulness, as well as fluctuations in hormonal and neural activity.

For the next three days, you will track your sleep patterns:

* Record the time you go to bed and the time you wake up each day.
* Note any sleep disruptions, including their duration and possible causes.
* Calculate your total sleep time for each night.
* Also, observe whether you experience an afternoon or evening “slump”, meaning a period when you feel unusually tired or have a strong urge to nap.

Day 1

Bedtime:

Rise Time:

Disruptions:

Total Sleep Time:

Slump Time:

Day 2

Bedtime:

Rise Time:

Disruptions:

Total Sleep Time:

Slump Time:

Day 3

Bedtime:

Rise Time:

Disruptions:

Total Sleep Time:

Slump Time:

Overall Comments on Your Sleep/Wake Cycle and Slump Time: