

Ultradian Rhythms In Life Processes An Inquiry Into Fundamental Principles Of Chronobiology And Psychobiology

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~~This volume integrates these new developments on all levels from the molecular, genetic and cellular to the psycho social processes of everyday life. We present a balanced variety of research from workers around the globe, who discuss the fundamental significance of their approach for a new understanding of the central role of ultradian rhythms in the self-organizing and adaptive dynamics of all life processes.~~

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One of the first ultradian rhythms to be studied in humans was the REM-NREM sleep cycle, which has a period of about 90-min, and occurs 3–5 times in the average sleep episode (Moszczyński and Murray, 2012). This rhythm is composed of the synchronous activity of a number of different processes including oculomotor activity, muscle tone, dominance of the autonomic nervous system, brain electrical activity and energy utilization.

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A prominent ultradian clock is the circadian (about 1 h period) that is indicated as occurring in many lower eukaryotes and is always of shorter duration than the cell division cycle, as shown in the figure. (Reproduced from Lloyd and Rossi (2008) in Ultradian Rhythms from Molecules to Mind).

~~What yeast and cardiomyocytes share: ultradian oscillatory ...~~

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Recently, ultradian rhythms of arousal lasting approximately 4 hours were attributed to the dopaminergic system in mammals. When the dopaminergic system is perturbed either by use of drugs or by genetic disruption, these 4 hours rhythms can lengthen significantly into the infradian (> 24 h) range, sometimes even lasting for days (> 110 h) when methamphetamines are provided.

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