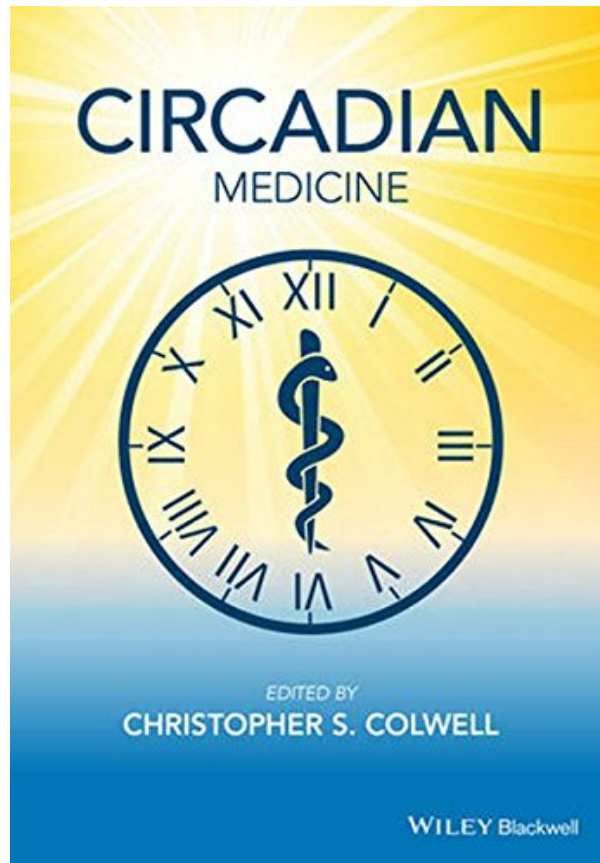
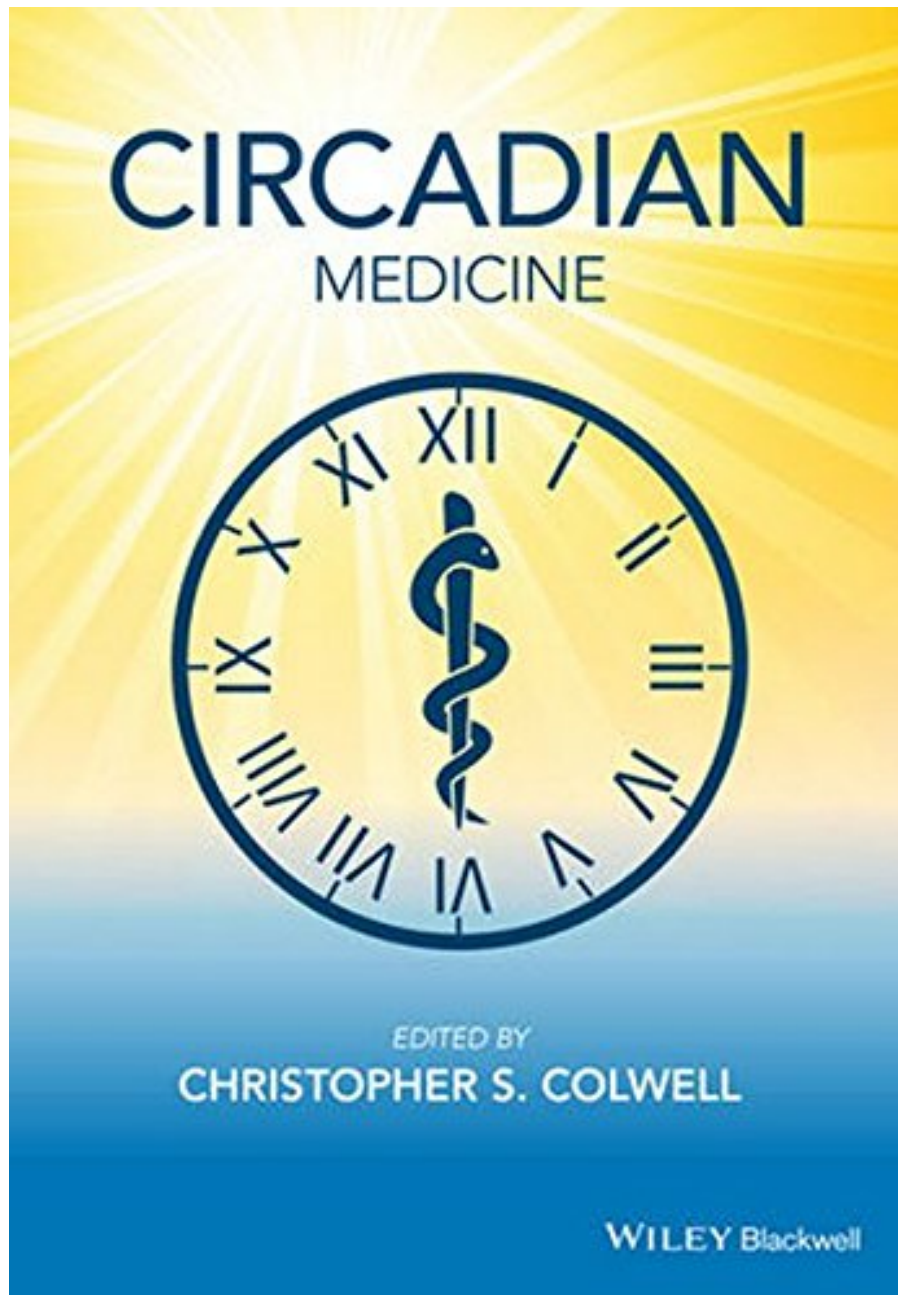


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Circadian rhythms, the biological oscillations based around our 24-hour clock, have profound effects on human physiology and healthy cellular function. *Circadian Medicine* is a wide-ranging foundational text that provides students and researchers with valuable information on the molecular and genetic underpinnings of circadian rhythms and looks at the impacts of disruption in our biological clocks in health and disease.

*Circadian Medicine* opens with chapters that lay the fundamental groundwork on circadian rhythm biology. The following sections examine the impact of chronobiology on major organ systems and then to the central nervous system. The book then closes with a look at the role of biological rhythms in aging and neurodegeneration.

Written in an accessible and informative style, *Circadian Medicine* is an invaluable resource and entry point into this fascinating interdisciplinary field that bridges aspects of neuroscience, cell and molecular biology, and physiology.

- Introduces key concepts of circadian timekeeping
- Considers the evidence that circadian system alters the function of key organ systems including the heart, pancreas, liver and lungs as well as the brain
- Looks at the consequences of circadian disruption in aging, Type 2 diabetes, cardiovascular disease, as well as neurological and psychiatric disorders
- Written in an accessible style perfectly suited for classroom use or as an entry point for researchers into the field.

About the Author

Christopher S. Colwell is a neuroscientist and Professor in the Department of Psychiatriy and Biobehavioral Sciences at the University of California, Los Angeles.

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*Circadian Rhythms* opens with chapters that lay the fundamental groundwork on circadian rhythm biology. Section II looks at the impact of circadian rhythms on major organ systems. Section III then turns its focus to the central nervous system. The book then closes with a look at the role of biological rhythms in aging and neurodegeneration.

Written in an accessible and informative style, *Circadian Rhythms: Health and Disease*, will be an invaluable resource and entry point into this fascinating interdisciplinary field that brings together aspects of neuroscience, cell and molecular biology, and physiology.

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