











We're so used to relying on these units of minutes and hours to know what time it is.

How did you guys know what time it is?

But mechanical clocks are a relatively new invention in the history of humanity.

Here we are.

Our planet about 3,7 billion years ago.

Atomic clocks.

Around the time when early life emerged.

Gears and cogs clocks.

Did it look like this? We can't be sure ...

Before that, sand and water clocks.

Shadows-on-a-surface clocks ... The earliest known sun dial is from 1500 BC.

And before that?

What we can be sure of is the rhythm of a warm, bright sun that rises -

- and sets.





It is under the constant variation of **light** and **dark**, **warm** and **cold**, that all living things developed, from microbes to amphibians, plants and mammals.



Growing

Feeding

Moving

And as a result, this 24 hour cycle is one that can be observed **inside** most organisms on Earth.



We call it the

# CIRCADIAN RHYTHM

from the Latin "circa diem" = "about a day".