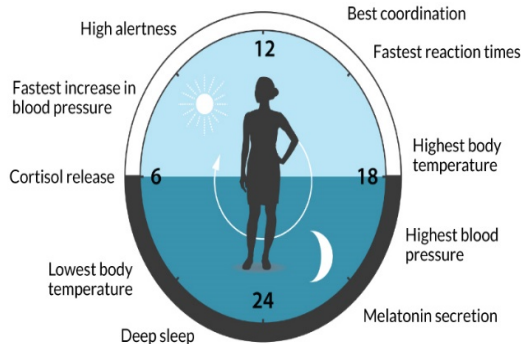


DO WE HAVE BODY CLOCK?

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Every day, my loyal clock rings loudly to wake me up at 5:30 in the morning since I have to go to school. Unfortunately, yesterday I forgot to change the batteries. Hence, I told my mum to wake me up in the morning if I am not awake. Surprisingly, my body woke up automatically at 5:30 am as usual without the clock. I was amazed. How can it be?

Each of us has our own body clock. It is known as a biological clock and it keeps us on the right schedule every day. Our body takes the information based on what we do daily and set it at the same time. Do you ever think how our body reacts with day and night? It is because our biological clock controls our circadian rhythms. Circadian comes from Latin referring to a 24-hour cycle. This cycle repeats every day, giving rise to a rhythm, like sleeping and waking up at about the same time.

How is circadian related to our sleep pattern? Our body clock controls the production of melatonin, a hormone that makes us sleepy. It is located just above the optic nerves. Thus, when there is incoming light, it sends the signal to raise the body temperature and produce

hormones like cortisol. So that we can get up from sleep easily. In the meantime, the production of melatonin increases in the evening and stays elevated throughout the night, promoting us to sleep.

What about jet lag? How can it happen? Jet lag caused by circadian disruption, which puts us in conflict with our natural sleeping pattern. Our brain forces the body to alter its normal pattern. That is why most travellers suffer from exhaustion and have the difficulties to think and perform well. Therefore, it is important to keep a regular sleeping schedule and spend plenty of time for a quality sleep. Allowing these two vital biological components; the sleep or wake restorative process and the circadian rhythm will help us to perform at our best.

Our body clock does not only focus on our sleeping pattern, but also our eating time. When we eat, the food sends message to our body, helping it to stay on schedule. It is like “Hey, this is the exact mealtime.” This message helps our body to know it is the ‘right time’ to eat. In addition, eating consistently according to the schedule everyday will help our digestion system to function well. In one study, Jonathan Johnston, an integrative physiology researcher at the University of Surrey said that changing the time of day that a person eats could shift the circadian rhythm of blood sugar levels.

In conclusion, to keep our body clock healthy, all we have to do is to listen to what it tells us. If it is late at night and you cannot keep your eyes open anymore, you should not try to stay awake just to watch more videos on your favourite YouTube channel. You are tired and need rest, so sleep.

هُوَ الَّذِي جَعَلَ لَكُمْ اللَّيْلَ لِتَسْكُنُوا فِيهِ وَالنَّهَارَ مُبْصِرًا إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يَسْمَعُونَ

“It is He who made for you the night to rest therein and the day, giving sight. Indeed, in that are signs for a people who listen”