



PROCESS

) -> tract -	> electrical stimulation
	atrial contraction
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— Jantriela 6	to atrioventricular (AV
ARMILIETE .	nad e
	1000 €
- 0 1:	
	stimulation of myocardial cell (ventricular contraction)
fibre	cell (ventricular contraction)
Cterminal point	
U U	
	> tract — ventricle ← Parkinji — fibre Cterminal point in conduction system)

CIRCADIAN RHYTHM

	12:00 (NOON)
	10:00
•	ghest alertness 9:00 14:30 Best coordination
	Bowel movements \$:30
	Melatonia 15:30 Fastest (eastion time secretion stops 7:30
	Rise in body 6:45 17:00 Greatest cardiovasculas strength
00	18:30 Highest BP (8:00
	Lowest body 4:30 19:00 Highest body temp.
	arod metatonin secretion
	Deep sleep 2:00 22:30 No bowel movement
	0:00 MIDNIGHT
JEURAL ME(MA	
JEVENL MELTIN	
	SCN (Master controller in hypothalamus)
	Control on the Charles of Maladania
	Control production of <u>Molatonia</u> next from Pineal Gland ragex
	A La fate evening they aloughed
	Melatonin increases mid to late-evening, stay elevated Melatonin decreases early morning

			Clark	6010.00					
			Clock	genes					
		Period		limeless	Dou	ble time			
	Period	gene synthes	ice Sho	we up,	lim	its sta	bility		
	PERIOD	protein	trans	fers Perio	D, of	period	gene so		
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