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The Neurobiology of Circadian Timing Edited by Andries Kalsbeek, Martha Merrow,

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Neurobiology of Circadian Rhythm Regulation

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Found in most living organisms, circadian rhythms are regulated by light, behavior, and a biological clock mechanism—a set of clock genes located in cells throughout the body. Our master biological clock, based in the brain's hypothalamus, is a cluster of about 20,000 nerve cells called the suprachiasmatic nucleus (because they sit above the optic chiasm).

Circadian Rhythms and the Brain | Neurobiology

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