

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Ups and Downs, Page 1

You wake up in the morning, eat breakfast, and go to school. By lunchtime you're hungry again, and by bedtime you're tired. Why do you feel hungry or tired at the same times every day? Because of your circadian rhythms, the pattern that your body follows every day.

You can measure your circadian rhythms by taking your temperature. Get a thermometer like the one that you use when you're sick, and have your parents or your teacher show you how to use it. Then, take your temperature every two hours and write it down on the chart below. Be sure not to eat or drink anything right before you take your temperature, because it can change how hot or cold your mouth is. Also, when you take your temperature, be careful to read the thermometer very accurately.

Time?	Temperature?

Thanks to Dr. Eric Chudler for his website describing this experiment.

