1 Circadian rhythms in the blind

Here some more recent original publications are compiled.

At the begin of the studies of the circadian system of man it was assumed, that the light-dark -cycle does not play a role in synchronization (studies in a subterranean apartment in Erling-Andechs south of München). Later it turned out that the relative low light intensities in the rooms were the reason. If intensity is increased above 2500 lux, the circadian system is synchronized as is known from other vertebrates. The light-dark -cycle plays thus an important role also in the synchronization of circadian rhythms of man. However, higher intensities are needed as compared to most of the animals studied in this respect.[1] A further hint are studies of the circadian system of blind people.

[1] Even under constant conditions of weak light (8 lux) a group of 6 persons showed free run of body temperature-, activity- and sleep-wake-rhythms, although they knew the times of the day (ref.). This indicates, that the light-dark-cycle is important for synchronizing circadian rhythms.