

Biological Rhythms

Psychology

Circadian, ultradian and infradian rhythms, and what entrains them.

By cycle length.

Rhythm	Period	Example
Ultradian	Under 24 hours	Sleep stages, ~90 min
Circadian	About 24 hours	Sleep-wake, core temperature
Infradian	Over 24 hours	Menstrual cycle
Circannual	About a year	Seasonal affective patterns

The suprachiasmatic nucleus is the master clock; light through the retina is the primary zeitgeber that resets it daily.