



# Internal Time: Chronotypes, Social Jet Lag, and Why You're So Tired

*Till Roenneberg*

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## **Internal Time: Chronotypes, Social Jet Lag, and Why You're So Tired** Till Roenneberg

Early birds and night owls are born, not made. Sleep patterns are the most obvious manifestation of the highly individualized biological clocks we inherit, but these clocks also regulate bodily functions from digestion to hormone levels to cognition. By understanding and respecting our internal time, we can live better.

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