1. First, watch this brief overview of circadian rhythms to get a general idea of the concept. Summarize the video here with three or four COMPLETE SENTENCES. https://www.youtube.com/watch?v=UbQ0RxQu2gM

2. Go to https://www.youtube.com/watch?v=o0q3veMwv6A and watch the TEDx video. Answer these questions with COMPLETE SENTENCES.
   - How does the circadian clock in your brain work?
   - How does traveling across time zones demonstrate the power of our circadian clocks?
   - How is our circadian clock “tuned?”
   - What positive effect does blue light have on us?
   - What negative effect does blue light from electronic devices have on us?
   - How are fruit flies just like us in regard to sleep?
   - Why would this program be called “The Dark Side of Light?”
   - Do you think your sleep is negatively affected by blue light from electronic devices? What makes you think so?

- What are the potential negative health effects of sleep deprivation or of having one’s body clock affected by too much light? Use quotes from the article as support.
- What examples do we see in *The Age of Miracles* that align with the concepts in the article? Use quotes from the article as support.