



# Light and Biological Rhythms in Man (Wenner-Gren International Series)

*L. Wetterberg*

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In this volume, current knowledge on light as a regulator of biological rhythms is considered from both basic science and clinical perspectives. Chapters by leading experts cover the whole range of biological rhythms, from infradian and circadian to the longer ultradian rhythms, in a wide variety of mammalian species. The chapters on humans provide a basis on which to establish mechanisms for mediating the therapeutic and physiologically beneficial effects of light as a regulator of rhythms in health and disease.

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