



Three types of Biological rhythms

	Circadian Rhythms	Ultradian Rhythms	Infradian Rhythms
Cycle time	24h	<24h	>24h
Character	Consistent Predictable	Inconsistent Unpredictable	unknow
solution	rhythm-adjusted RVs	stimulation and suppression tests	unknow
example	Number and activity of blood cell	gonadal hormone	menstrual cycle

Biological Rhythms And Medicine

Xiang Xie



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