The Role of Circadian Rhythms in Aging and ADHD

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Abstract

The circadian rhythms coordinates the internal physiology to increase the homeostatic capacity thereby providing both a survival advantage to the system and an optimization of energy budgeting. Because multiple-oscillator circadian mechanisms are likely to play a role in regulating human health, and may contribute to the aging process, we give an overview of the relationship between the central clock in the hypothalamus and peripheral clocks for psychological health and aging.