

## Are you a night owl? What does your internal clock say?

**Morgens: \*möchte schlafen\***  
**Mittags: \*sterbe ohne Schlaf\***  
**Abends: \*kann nicht schlafen\***



Do you struggle to fall asleep early enough to be rested for the morning class?

Is it hard for you to get up in the morning?

Do you happily sleep through midday given a chance?

If you often find yourself in these situations, it could be that your inner

clock is ticking differently.

[Did you know that many important processes in your body are controlled by your body clock? The schedule you live by is determined by certain proteins and their concentrations at different times of the day. It is much easier to live when your internal clock is in sync with the external clock, but unfortunately for some people this is not the case. Thankfully, there are ways to help these people get their clocks back in sync, but in order to do this, you first need to be able to read your internal clock. Until now, this has rarely been done because the current procedures are lengthy and expensive. However, we have discovered an easier way]

We want to show that we can read your internal clock by simply testing your blood.

Join our study and find out what time it is on your internal clock, and what would be your perfect daily schedule!

If you are

- are between 18 and 25 years old
- are a real "night owl",
- not taking any medication (except the pill for women),
- have no acute or chronic physical illnesses,

then contact:

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Information for potential participants