

Korrekturhinweise

The internal clock

0	1	2	3	4	5	6	7
B	C	C	B	D	A	D	B

Begründungen

0

The speaker says: "Life evolved under conditions of light and darkness, light and then darkness, and so plants and animals developed their own internal clocks so that they would be ready for these changes in light." Jessa Gamble therefore explains that life developed under alternating conditions of brightness.

1

The speaker says: "[...] if you take a horseshoe crab off the beach [...] and you drop it into a sloped cage, it will scramble up the floor of the cage as the tide is rising on its home shores, and it'll skitter down again right as the water is receding thousands of miles away. [...] it's simply that these crabs have internal cycles that correspond, usually, with what's going on around it." For some time after being displaced, a crab therefore follows the rhythm of the water levels at its home beach.

2

The speaker says: "[...] they all show the same thing: they get up just a little bit later every day – say 15 minutes or so." During an experiment, people's internal clocks therefore cause them to stay in bed a little longer.

3

The speaker says: "So, fine, we have a body clock and it turns out that it's incredibly important in our lives. It's a huge driver for culture. And I think that it's the most underrated force on our behavior." The human internal clock therefore influences social and artistic development.

4

The speaker says: "So the culture, the northern aboriginal culture, traditionally has been highly seasonal. [...] and in summer, it's almost manic hunting and working activity very long hours, very active." In summer traditional northern peoples are therefore busy tracking and killing animals.

5

The speaker says: "Well, it turns out that when people are living without any sort of artificial light at all, they sleep twice every night. [...] until midnight and then again, they sleep from about 2:00 a.m. until sunrise. And in-between, they have a couple of hours of sort of meditative quiet in bed." People exposed to only natural light therefore have a two-hour break in their sleep.

6

The speaker says: "The people in these studies report feeling so awake during the daytime that they realize they're experiencing true wakefulness for the first time in their lives." People taking part in research therefore say they discover what it feels like to be really awake.

7

The speaker says: "And you know, our modern ways of doing things are, you know, have their advantages, but I believe we should understand the costs." According to Jessa Gamble, it is therefore important to realize that our lifestyle has drawbacks.

Quelle: *Our natural sleep cycle is nothing like what we do now*. Verfügbar unter http://www.ted.com/talks/jessa_gamble_how_to_sleep [11.11.2016]