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This volume integrates these new developments on all levels from the molecular, genetic and cellular to the psycho social processes of everyday life. We present a balanced variety of research from workers around the globe, who discuss the fundamental significance of their approach for a new understanding of the central role of ultradian rhythms in the self-organizing and adaptive dynamics of all life processes.

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One of the first ultradian rhythms to be studied in humans was the REM-

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NREM sleep cycle, which has a period of about 90-min, and occurs 3–5 times in the average sleep episode (Moszczynski and Murray, 2012). This rhythm is composed of the synchronous activity of a number of different processes including oculomotor activity, muscle tone, dominance of the autonomic nervous system, brain electrical activity and energy utilization.

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A prominent ultradian clock is the circahoralian (about 1 h period) that is indicated as occurring in many lower eukaryotes and is always of shorter duration than the cell division cycle, as shown in the figure. (Reproduced from

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Lloyd and Rossi (2008) in Ultradian Rhythms from Molecules to Mind).

~~What yeast and cardiomyocytes share: ultradian oscillatory ...~~

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Recently, ultradian rhythms of arousal lasting approximately 4 hours were attributed to the dopaminergic system in mammals. When the dopaminergic system is perturbed either by use of drugs or by genetic disruption, these 4 hours rhythms can lengthen significantly into the infradian (> 24 h) range, sometimes even lasting for days (> 110 h) when methamphetamines are provided.

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