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4.2 Jet Lag Worksheet

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Audio – Jet Lag

A. Listen to the Health Report and take notes below.

B. Use your notes to answer the questions below.

1. What's the most powerful signal for re-setting our biological clock?
2. What is the common insect this report talks about?
3. What can affect our biological clock a lot?
4. Logan Roberts removed what from genetically-engineered flies?
5. The researchers used bursts of what to change the flies' circadian rhythm?
6. How long is a circadian rhythm?
7. What is circadian rhythm affected by?
8. What does *desynchronized* mean?

9. Which diseases can we suffer from when our body clock is out of sync?

10. What should you change before you travel far?

11. What should you do while you are on an airplane?

Listen to the Health Report again to check your answers.