

Index

Numbers: **bold=table, italics=figure.**

- 4P-ADOT, 64, 67
- 4P-PDOT, 63, **64**, 64, 67
- acetylcholinesterase, 71
- acetylserotonin O-methyltransferase (ASMT), 321
- active-inactive cycles, 13, 190
- Actiwatch, 367, 369
- AD. *See* Alzheimer's Disease
- ad libitum* feeding (ALF), 242
- adaptive immunity, 186, 188, 257, **257**, 263, 267
 - circadian rhythms, 259–260
- adenosine triphosphate (ATP), 145
- adenylyl cyclase, 59, **145**, 321
- adipocytes, 230, 232
- adrenal cortex, 28, 85
- adrenal gland, 5, 85
- adrenocorticotrophic hormone (ACTH), 85
- advanced sleep phase (ASP), 269
- advanced sleep phase syndrome (ASPS), 59, 70
- aerial photography, 364–365
- AeroCube satellites, 363
- aging, 165–182
 - changes in master circadian pacemaker, 167–170
 - circadian rhythm alterations, 166–167
 - hallmarks, 166
 - molecular basis of circadian rhythms, 170–172
- agomelatine, 70, 109
- AHA Scientific Statement (2017), 239
- ALAN. *See* artificial light at night
- allostasis: definition, 84
- allostatic load, 86, 89, 93, 94
 - circadian disruption, 90–93
- allostatic mediators, 90, 91, 94
- allostatic overload, 86, 93, 94
- Alzheimer's Disease, 165–182, 196, 369
 - Braak stages, 169
 - changes in master circadian pacemaker, 167–170
 - circadian rhythm alterations, 166–167
 - interactions with aging and circadian rhythm disruption, 166
 - interactions with circadian rhythm disruption and molecular clock dysfunction, 173
- most common form of dementia, 165
- neuropathological progression, 166
- strategies to reduce circadian rhythm disruption, 175
- American Medical Association, 137
- American robin (*Turdus migratorius*), 342
- AMPA (α -amino-3-hydroxy-5-methyl-4-isoxazole-propionate), 33
- amygdala, 85, 88, 135, 141
 - seasonal changes in volume, 39
- amyloid-beta (A β), 165, 167, 173, 175
- androgen, 213, 324
- anhedonia: definition, 107
- animal studies: circadian rhythm disruption and cancer, 317–322
- anterior hypothalamus, 2, 134
- antigen-presenting cells (APCs), 259
- anxiety: circadian rhythm disruption, 111–112
- apoptosis, 263, 313, 324
- Arble, Deanna M., 223–237
- arginine vasopressin (AVP), 2, 27, 29, 30, 34, 37, **168**, 207, 209, 215
- Aronson, K. J., 362
- artificial light at night (ALAN), 13, 100, *See also* light at night
 - avoidance, 339–341
 - biological effects, 340, 342, 349, 351
 - effects across species, 338–355
 - future research, 371–373
 - measurement and analysis (epidemiology), 356–380
 - mitigation, 339, 344, 351
 - offsetting approaches, 350
 - outdoor and indoor, 11
 - restoration or rehabilitation, 350
 - sources, 357
 - spatial resolution and dynamic sensitivity, 370
- artificial light at night (exposure measurement), 358–370
 - handheld equipment, 365–367
 - interview data, 358–359
 - satellite and aerial data, 360–365
 - wearable devices, 367–370
- artificial light at night (minimization), 341–350
 - changing spectra, 348–349
 - combined effects, 349

- artificial light at night (minimization) (cont.)
 - dimming intensity of emissions, 341–344, 351
 - reduced duration of lighting, 344–347, 351
 - reduction in number of lights, 347
 - shielding of light sources, 347
- artificial lighting: circadian rhythm disruption, 103–104
- asthma, 262, 271, 272
- astrocytes, 170, 174, 186, 187, 188, 188, 189, 194
- Astronaut Photography Database (Haifa), 364
- ataxia telangiectasia and rad3 related (ATR) proteins, 311
- ataxia telangiectasia mutated (ATM), 311
- Australia, 190
- autonomic nervous system, 6, 185, 190, 192, 287
 - modulation (fasting and eating), 243–244
 - role in maintaining normal BP, 243
- B cells, 186, 188, 257, 259, 267, 268, 273, 274
- Barcelona, 365
- bariatric surgery, 225, 226
- baroreflex sensitivity, 8, 244
- bats, 342, 347, 349
- bed nucleus of stria terminalis (BNST), 101
- Berlin, 365, 371
- beta-arrestin (β -arrestin), 60
- beta-catenin (β -catenin), 146, 324
- biodiversity, 351
- biological clock, 1, 310, 315
- biological effects, 87, 340, 342, 349
- bioluminescence, 37, 273, 275
- BioRender.com, 136, 145, 228, 248
- bipolar disorder (BD), 110–111, 116, 117
 - characteristics, 110
- birds, 340, 345, 363, 371
- Birmingham, 364
- blackbird (*Turdus merula*), 342
- blastocyst, 211, 218
 - fertilized egg (implantation success), 217
- blood glucose, 9, 227, 229
- blood pressure, 8, 287, 292, 293, 295, 296, 299, 366
 - acute effects of simulated slam shift schedule, 297
 - dipping, 239
 - role of ANS, 243
 - systolic and diastolic, 242, 295
- blood pressure circadian rhythm, 238, 239
 - associated with dysregulation of clocks, 245
 - clocks (role), 244–245
 - food intake timing, 239–242, 248
 - future directions, 247–249
 - mechanisms underlying timing of food intake, 243–247
 - TRF-induced alterations, 246
- blood pressure regulation, 238–254
- blood-brain barrier (BBB), 186, 188, 194
- blue light, 4, 39, 224, 349, 365, 368, 369, 371
- blue tit (*Cyanistes caeruleus*), 342, 348
- Bmal1*, 3, 26, 30, 91, 135, 140, 146, 148, 172, 173, 175, 187, 193, 218, 232, 247, 273, 274, 289, 289, 311, 318, 319, 321, 322
 - clock gene, 11, 165, 192, 213
 - gene and protein levels, 267
- Bmal1* deletion, 11, 172, 244, 245
- Bmal1* expression, 142, 245, 273, 274, 275, 287, 312, 316
 - Bmal1* gene, 135, 170, 171, 271, 322, 324
 - Bmal1* knock-out mice, 214, 215, 216, 218
 - Bmal1* protein, 136, 193
 - body mass, 41, 223, 224, 226, 229, 232, 268
 - body temperature, 5, 28, 34, 35, 39, 62, 105, 107, 108, 112, 167, 185
 - body weight, 36, 38, 39, 92, 225, 227, 228, 229, 231, 242, 299, 368
 - brain, 73, 84, 85, 87, 90, 91, 104, 140, 230
 - afferent and efferent connections, 28
 - circadian timekeeping, 100–102
 - controls neural and endocrine systems, 209
 - postmortem analysis (MDD patients), 108
 - brain and muscle ARNT-like 1. *See Bmal1*
 - brainstem, 28, 88
 - breast cancer, 314, 316, 323, 325, 360, 364, 365, 369, 372
 - circadian clock (animal studies), 318–320
 - correlation with shift work, 313
 - increased risk in premenopausal women, 313
 - influence of ALAN and sleeping patterns, 358
 - mailed questionnaire (California teachers), 359
 - risk factors, 315
 - breast milk, 141
 - breeding, 7, 36, 38, 39, 214, 344, 345
 - bright light therapy (BLT), 109, 115–116
 - Brito, Leandro C., 285–309
 - Brn3b, 32, 40
 - Broadman areas, 172
 - Butler, Matthew P., 285–309
 - Buuse, M. van den, 240
 - calcium, 4, 33, 59, 145
 - California, 360
 - children's health study (2020), 364
 - teachers, 364, 372
 - calpain, 144, 145
 - cAMP-response element binding protein (CREB), 4, 33, 143, 145, 145, 148
 - Canada, 190, 360
 - cancer, 260, 261, 263, 264, 300, 362
 - circadian clock gene mutations, 316–317
 - circadian rhythm disruption, 310–337
 - management and prevention (exploiting clock), 322–325
 - cancer cells: circadian clock (nodes of interaction), 312
 - Cancer Genome Atlas, 318
 - cancer incidence: circadian clock (cellular links), 310–313
 - cancer risk: environmental circadian disruption, 313–316
 - Cancer Therapeutics Response Portal, 318
 - carbamate insecticides, 71–73, 75
 - carbaryl, 71, 72, 73
 - cardiac function
 - adverse events (morning peak), 285
 - circadian regulation, 8
 - circadian rhythms, 285–309
 - effects of circadian disruption, 286–290
 - cardiometabolic risk, 239, 296
 - cardiomyocytes, 287, 289, 289, 297
 - cardiomyocyte-specific *Bmal1* knockout (CBK), 289
 - cardiomyocyte-specific *clock* mutant (CCM), 289

- cardiomyopathy, 289, 290, 297
 cardiovascular disease, 207, 261, 296
 cardiovascular function, 6, 292–298
 cardiovascular health, 299–300
 cardiovascular risk
 circadian disruption (external), 296
 circadian disruption (internal), 296–298
 integrating human and comparative studies
 (limitations and opportunities), 298–299
 cardiovascular system, 13
 endogenous circadian rhythms, 295
 Carnegie Mellon University, 365
 casein kinase 1 delta (CK1 δ), 135, 136, 141, 292
 casein kinase 1 epsilon (CK1 ϵ), 7, 135, 136, 141
 tau mutation, 292
 castration-resistant prostate cancer (CRPC), 324
 catecholamines, 88, 243, 295
 cells
 autonomous clocks, 5
 molecular clock components, 3
 central clock dynamics, 23–57
 central nervous system, 13, 183, 186, 187, 188, 189, 190, 191, 192, 194, 318
 function (circadian regulation), 6–7
 injury, 184, 190, 193, 195
 cerebral cortex, 170, 174
 Cermakian, N., 172
 Chang-Guang Satellite Technology Co., Ltd, 362
 checkpoint kinase 1 (CHK1), 311
 checkpoint kinase 2 (CHK2), 311
 childbirth
 circadian disruption (impact), 217–219
 postterm and preterm, 218
 China, 363, 371
 Chinese hamster ovary (CHO), 64, 72
 cholecystokinin (CCK), 2, 27, 113
 chromatin structure, 147
 chronic obstructive pulmonary disease (COPD), 273
 chronobiology, 195
 chronomolecules, 75
 chronopharmacology, 70
 chronotherapy, 117, 195, 195, 299–300, 323, 325
 bright light therapy, 115–116
 definition, 322
 discover, develop, deploy, 194–196
 mental health, 114–116
 sleep deprivation, 116
 chronotypes, 106, 108, 114, 296
 genetic factors, 3
 indicator of metabolic resilience to night shift work, 225
 larks versus owls, 3
 circadian behaviors: modulation by inverse agonists, 65
 circadian circuits, 101
 circadian clock, 1, 9, 94, 310, 340, 341
 breast cancer (animal studies), 318–320
 cancer immunity and metastasis (animal studies), 320–322
 cancer incidence (cellular links), 310–313
 definition, 1
 heart, 286–290
 molecular links with immune function, 269
 molecular mechanisms, 3–5
 nodes of interaction in cancer cells, 312
 circadian control
 immune system function, 186–187
 learning and memory (molecular mechanisms), 143–148
 nervous system function, 185
 circadian disruption, 10, 91, 110, 184, 369
 allostatic load, 90–93
 cardiovascular risk, 295–298
 developmental effects on learning and memory, 140–141
 effects on cognitive functioning, 137–140
 heart attacks and heart failure, 290–292
 impact on fertility (female), 214–217
 impact on fertility (male), 213–214
 impact on pregnancy and childbirth, 217–219
 impact on reproductive function, 212–213
 impairment of ovulation and implantation, 211
 implications for health, 73–75
 inflammation, 272–275
 link with disease, 42
 metabolic function, 223–237
 negative impact on fertility, 206–208
 reduced libido (shift workers), 217
 circadian genes, 5, 100
 circadian hierarchy (mammalian), 184–185
 circadian immune system, 257–260
 circadian locomotor output cycles kaput (CLOCK), 3, 26, 135
 circadian photoentrainment, 30–34
 responses to light, 32–33
 circadian re-entrainment: modulation, 68–70
 circadian regulation
 cardiac function, 8
 clock disruption, 11–12
 CNS function, 6–7
 immune function, 10–11
 metabolism, 8–10
 night shift work, jetlag, social jetlag, 13
 circadian responses to light: overt and cellular levels, 31
 circadian rhythm disruption, 102–107, 165–182
 age-related (strategies to reduce), 175
 allostatic load and stress, 84–99
 anxiety, 111–112
 artificial lighting, 103–104
 bidirectional relationship with mental health, 117
 blood pressure regulation, 238–254
 cancer, 310–337, 314
 daylight hours (seasonal changes), 106–107
 immune function, 256–284
 jetlag, 105–106
 key contributors and metabolic consequences, 228
 metabolic signals, 225
 mood disorders, 107–111
 neuroendocrine function in fertility, 206–222
 night shift workers, 223–225
 schizophrenia, 111–112
 shift work disorder, 104–105
 circadian rhythms, 1–22, 60, 357, 371
 activation of MT₁ receptors, 66
 adaptive immunity, 259–260
 cardiac function, 285–309
 cardiovascular function, 292–298
 cognitive functioning, 134–164

- circadian rhythms (cont.)
 definition, 1, 165
 disruption (BD sufferers), 111
 effects of glucocorticoids, stress, allostatic load, 88–90
 endogenous (cardiovascular system), 295
 environmental disruption, 260–268
 genetic disruption, 269–272
 innate immunity, 259
 integrating human and comparative studies
 (limitations and opportunities), 298–299
 maintenance of healthy immune and nervous systems, 184–187
 measurement techniques, 293, 294
 molecular basis and alterations during aging, 170–172
 MT_1 receptor-mediated phase shift, 67–68
 occur throughout body, 5–6
 regulation of neuroinflammation after TBI and SCI, 183–205
 regulators of HPA function, 87–88
 substance use disorders, 113–114
 circadian system, 91, 93, 100, 102, 103, 105, 106, 108, 110, 111, 113, 117, 118, 240, 264, 274
 melatonin and light, 58–83
 circadian system: harmony with neuroimmune system
 (disruption), 184
 circadian time (CT), 25, 66, 67
 circadian timekeeping
 brain, 100–102
 intrinsic control versus extrinsic influence, 100–102
 circadian timing: learning and memory, 136–143
 circadian waveform, 33
 plasticity, 34
 circadian-modulated kinase signaling
 learning and memory, 143–147
 clock disruption, 11–12
 clock gene expression, 171, 175, 272
 age-related changes (mechanisms), 173–175
 age-related changes (role in neural function), 172–173
 light “potent regulator”, 173
 synchronization, 6
 clock gene mutation: circadian disruption (impact on reproductive functions), 208
 clock genes, 3, 5, 8, 11, 26, 89, 113, 141, 143, 145, 148, 170, 171, 187, 196, 230, 232, 245, 271, 272, 273, 274, 287, 288, 296, 298, 299, 310, 311, 316, 319, 323, 325
 “genes constituting molecular clock”, 208
 definition (genes involved in circadian rhythms), 183
 heterodimers, 173
 include *Bmal1*, *Clock*, *Per*, *Cry*, *Rev-Erb*, 8
 mutations, 102, 269
 polymorphisms, 108, 272
 rhythms, 172
 role in pregnancy, 218
Clock knockout mice, 245
Clock mRNA expression, 170
Clock mutant mice, 91, 214, 215, 216, 218, 232, 289, 291
 clock proteins, 135, 136, 187
Clock RNA expression, 187
 CLOCK:BMAL1 complex, 275
 CNS. *See* central nervous system
 cognitive functioning, 7
 circadian rhythms, 134–164
 effects of circadian disruption, 137–140
 colorectal cancer, 317, 323, 365
 conditional autoregressive (CAR) model, 372
 Connecticut, 359, 360
 constant darkness, 25, 32, 36, 37
 constant light, 31, 33, 37
 constant routine (CR), 293, 295
 core circadian clock genes: definition, 26
 cornu ammonis 1 (CA1), 138, 139, 144
 cornu ammonis 3 (CA3) pyramidal neurons, 140
 CORT. *See* corticosteroids
 cortex, 89, 142, 172, 175
 corticosteroids, 85, 87, 88, 89, 192, 287
 corticosterone, 85, 91, 192, 274
 corticotropin-releasing hormone (CRH), 85, 87
 cortisol, 35, 85, 108, 137, 175, 192, 224, 266, 272, 293
 circadian disruption (metabolic signals), 225
 prepares body to wake up, 209
 C-reactive protein (CRP), 262, 265
 CREB-binding protein (CBP), 148
 Crohn’s disease, 271
 Cryptochrome (*Cry*) genes, 3, 8, 26, 37, 113, 135, 136, 143, 148, 170, 171, 172, 187, 192, 193, 244, 270, 273, 274, 275, 313, 316, 317
 abnormal expression, 316
 CubeSats, 363–364, 371
 comparisons among satellites, 361
 cyclic adenosine monophosphate (cAMP), 59, 69, 143, 145
 cyclin dependent kinase (CDK), 194, 311, 317
 CYCLOPS, 298
 cytokine expression, 263, 267
 cytokine production, 267, 276
 cytokines, 89, 174, 189, 191, 192, 256, 257, 260, 261, 262, 268, 271, 273, 274, 275, 320, 321, 342
 production (peaks and troughs), 259
 cytoplasm, 3, 136
 cytosine-guanosine (CpG), 147, 316, 317
 damage-associated molecular patterns (DAMPs), 191, 259
 daylight hours: seasonal changes, 106–107
 Daysimeter, 368–369, 371
 DEC2 (transcription factor), 271
 deer mice (*Peromyscus maniculatus*), 342
 Defense Meteorological Satellite Program’s Operational Linescan System (DMSP-OLS), 360–362, 363, 364, 369, 370, 372
 delayed sleep phase (DSP), 269
 delayed sleep phase disorder (DSPD), 112, 270
 delayed sleep phase syndrome (DSPS), 59, 70
 dendrite density, 139
 dendritic cells, 186, 189, 259
 dendritic complexity, 140
 Denmark, 359
 dentate gyrus, 138, 139, 142, 174
 deoxyribonucleic acid (DNA), 147, 193, 310
 depression, 106, 108, 261, 365
 desoxycorticosterone pivalate-salt, 244, 245
 DeVries, Brooke M., 206–222
 diabetes, 223, 225, 226, 227, 230, 233, 239

- food intake rhythm and BP rhythm, 240–241
 - meal timing as effective modulator, 231
- diethylnitrosamine (DEN), 318
- dim light at night, 92, 139, 191, 195, 261, 268
- diurnal species, 7, 136, 227
- dopamine, 41, 63
- dopaminergic neurotransmission, 62, 114
- dorsal raphe (DR), 101
- dorsomedial hypothalamic (DMH) nucleus, 101
- doxorubicin, 323, 325
- drones, 365
 - quantification of ALAN, 365
 - skyglow measurement, 365
- drugs: time-of-day recommendations, 196
- D-site-binding protein (DBP), 322
- Dubocovich, Margarita L., 58–83
 - publications, 77–78
- Duncan, Marilyn J., 165–182
- dystocia: definition, 218
- E2f8* (transcription factor), 318
- early bird, 23
- Earth's rotation, 1, 285, 339, 345
- eating: ANS modulation, 243–244
- E-box activity, 90
- E-box enhancers, 3
- Eckel-Mahan, Kristin, 310–337
- Edison, Thomas, 356
- endocrine profiles, 229, 342
- endometrium, 211, 211, 217, 218
- endothelial cells, 11, 187, 245
- endothelial function, 8
- endotoxin challenge: rats (active versus inactive phase), 10
- energy expenditure, 9, 224, 225, 227, 230
- environment: circadian-system synchronization, 3–4
- environmental circadian disruption protocols, 266
- environmental disruption (of circadian rhythms), 260–268
 - jetlag, 264
 - laboratory models, 265–268
 - shift work, 261–263
 - sleep deprivation, 264–265
- environmental light field (ELF), 367
- environmental lighting, 11–12
- epidemiological studies, 362, 363, 364, 365, 366, 367, 371, 372
- epidemiology, 358, 360, 371
 - ALAN (measurement and analysis), 356–380
- epigenetics: circadian control of learning and memory, 147–148
- epinephrine, 134, 287, 293
- epithelial-to-mesenchymal transition (EMT), 313
- estradiol, 216, 217
 - action, 210
 - produced in ovary, 210
- estrogen, 64, 210
- estrogen receptors (ER), 319
- estrous cycles: rodent equivalent to menstrual cycles, 215
- eukaryotic chromosomes, 147
- Europe, 11, 70, 75
- European eel (*Anguilla anguilla*), 349
- European Heart Journal*, 299
- Evans, Jennifer A., 23–57
 - publications, 45–46
- exercise, 2, 5, 5, 6, 149, 175, 176, 195, 227, 261, 275, 295, 299
- external coincidence model, 36
- extracellular signal-regulated kinase (ERK), 33, 145, 146, 325
 - also known as MAPK, 143
- extra-SCN tissue-specific clocks, 5–6
- Falchi, F., 11, 356, 364
- familial advanced sleep phase (FASP), 270
- familial natural short sleepers (FNSS), 271
- fasting, 231
 - ANS modulation, 243–244
- Fekry, Baharan, 310–337
- female fertility: circadian disruption (impact), 214–217
 - fertility, 91
 - circadian disruption (effect greater on females), 208
 - circadian disruption (negative impact), 206–208
 - circadian rhythm disruption, 206–222
 - hormonal feedback (brain and peripheral reproductive organs), 210
 - hormone-release timing (regulation by neuroendocrine system), 209–212
 - fight or flight, 84, 90
- Figueiro, M. G., 368, 369
- Finger Lakes Instruments (FLI), 365
- firing rate, 24, 27, 41, 101, 175
- firing rhythms, 25, 27, 169
- fish, 227, 340, 345, 349
 - flight attendants, 137, 264, 356
 - breast cancer risk, 315
- follicle stimulating hormone (FSH), 207, 209, 210, 215, 216
- Fonken, Laura K., 1–22
 - publications, 16
- food intake, 2, 9, 11
 - behavioral rhythms, 9
 - timing critical in BP circadian rhythm, 239–242
 - forced desynchrony (FD), 293, 294
- forkhead box O3 (FOXO3), 311
- forskolin, 68, 274
- Franklin, M., 364
- functional responses: modulation of MT₁ inverse agonists, 64–65
- further research
 - ALAN, 371–373
 - blood pressure circadian rhythm, 247–249
 - changes in estadiol or testosterone levels, 217
 - circadian disruption (impact on male fertility), 214
 - circadian system, 13
 - clock as therapeutic avenue for inflammatory diseases, 275
 - female shift workers (reproductive success), 217
 - full diurnal profile of inflammatory markers, 262
 - immune function (changes in working environment), 263
 - melatonin and reproductive axis (interaction), 216
 - miscarriage risk (shift work), 219
 - potential for targeting circadian clock in tumor prevention, 317

- further research (cont.)
 shift work schedules (types and aspects), 219
 sperm and follicle quality (circadian disruption), 219
- gamma aminobutyric acid (GABA), 27, 28, 29, 33, 34, 38, 168, 168, 346
 GABA-A receptor antagonist, 138
 GABAergic circuits, 170
 inhibitory neurotransmitter, 2
 Gaofen-2 (GF-2) satellite, 363, 371
 Garcia-Saenz, A., 372
 Gaston, Kevin J., 338–355
 publications, 353
 gastrin-releasing peptide (GRP), 2, 25, 27, 34
 Gaudet, Andrew D., 183–205
 publications, 199
 gene expression, 25, 33, 41, 101, 108, 118
 generalized anxiety disorder (GAD): characteristics, 111
 genetic disruption (of circadian rhythms), 269–272
 sleep-related, 269–271
 genetics: circadian disruption and metabolic function, 231–232
 geniculohypothalamic tract (GHT), 32
 genome-wide association studies, 271
 Genomics of Drug Sensitivity in Cancer (GDSC), 318
 geographically weighted regression (GWR), 372
 Georgia (USA), 360
 ghrelin, 226, 229
 circadian disruption (metabolic signals), 225
 Gibbs, Julie E., 256–284
 glia:neuron ratio, 169, 175
 glial cells, 87, 170, 171
 glial scar, 189
 glioblastoma multiforme (GBM), 321
 glucocorticoid receptor (GR), 5, 89
 glucocorticoid response element (GRE), 88
 glucocorticoids, 2, 10, 28, 86, 88, 104, 140, 174, 185, 191, 192, 193, 287
 source and function, 5
 glucose, 9, 86, 87, 224, 227, 290
 circadian disruption (metabolic signals), 225
 glucose homeostasis, 225, 226, 229, 230
 glucose regulation, 229, 230, 232
 glucose tolerance, 230, 231, 232
 GLUT4 expression, 230, 232
 glutamate, 3, 4, 33
 action, 4
 glycogen synthase kinase 3 beta (GSK3β), 111, 146, 194, 299
 lymphatic system, 187, 194
 gonadotropin-releasing hormone (GnRH), 207, 209, 210, 210, 214, 215, 219
 Gong, Ming C., 238–254
Gonyaulax plyhedra, 340
 G-protein, 4, 59, 63, 64, 70
 pertussis toxin-sensitive, 67
 G-protein-coupled receptors (GPCRs), 59, 60
 granulocyte-macrophage colony-stimulating factor (GM-CSF), 267, 320
 green light, 348, 349
 Greenough, Emily K., 183–205
 GTP, 64, 68, 71, 144
- Guo, Zhenheng, 238–254
 gut microbiota, 247
- Halberg, F., 186, 256
 hamsters, 36, 38, 169
 handheld equipment (ALAN exposure measurement), 365–367
 hemispherical photography, 367
 light meters, 365–366
 sky quality meter, 366
 haplotype-based association analysis revealed, 111
 Harvard Light Exposure Assessment (H-LEA) questionnaire., 359
 heart, 247
 circadian clocks, 286–290
 circadian clockwork (impact), 288
 heart failure, 290, 291–292
 hemispherical photography, 367
 hepatic leukemia factor (HLF), 322
 hepatocellular carcinoma (HCC), 317, 318, 322
 hepatocyte nuclear factor four alpha (HNF4α), 317
 heterodimers, 136, 170, 171, 173, 193
 high sensitivity C-reactive peptide (hsCRP), 296
 high-density lipoprotein (HDL), 226
 high-frequency spectral power (HFSP), 244
 hippocampus, 85, 88, 89, 104, 113, 135, 138, 139, 140, 141, 142, 146, 148, 170, 172, 175, 191, 192
 CA1 region, 146
 seasonal changes in volume, 39
 histone acetyltransferases (HATs), 147, 148
 histone deacetylases (HDACs), 147, 148
 histone demethylases (HDMs), 147
 histone methyltransferases (HMTs), 147
 histone proteins, 147, 148
 Hoffman, R. A., 61
 Hoffmann, Hanne M., 206–222
 Hogenesch, J., 298
 homeostasis, 9, 13, 84, 85, 187, 190, 192, 226, 256, 310
 hormones, 206, 210, 216, 219
 work as messengers, 209
 Hou, Tianfei, 238–254
 housing, 174, 364
 human epidermal growth factor receptor 2 (HER2), 319, 324
 Hurley, S., 372
 hyperglycemia, 232, 240
 hypertension, 8, 238, 240, 245, 247, 299
 hypothalamic–pituitary–adrenal (HPA) axis, 85, 93, 104, 185, 190
 function (circadian rhythms as regulators), 87–88
 pathways, 191, 192
 responses, 86
 hypothalamic-pituitary-gonadal axis
 aka “reproductive axis”, 210
 hypothalamus, 1, 27, 28, 85
 sleep-regulating centers, 185
- immune cells, 188, 257, 297
 immune function, 35, 89, 91, 291
 circadian control, 186–187
 circadian regulation, 10–11
 circadian rhythm disruption, 256–284
 molecular links with circadian clock, 269

- immune system, 86, 91, 94, 183
 - maintenance (circadian rhythms), 184–187
- immunoglobulins (Ig), 260, 265
- immunoreactivity (ir), 62, 169, 171
- Ince, Louise M., 256–284
- inflammation, 90, 261, 262, 263, 264, 265, 267, 268, 271, 296
 - as circadian disruption, 272–275
- inflammatory bowel disease, 271, 273
- innate immunity, 186, **257**, 257
 - circadian rhythms, 259
- insomnia, 70, 191, 366
- insulin, 3, 86, 91, 92, 224, 226, 229, 230, 232, 240, 287, 298, 299, 323
 - circadian disruption (metabolic signals), **225**
- intercellular communication, 34
- interferon alpha (IFN- α), 275
- interferon gamma (IFN- γ), 260, 267, 275, 320
- intergeniculate leaflet (IGL), 32
- interleukin 01 beta (IL-1 β), 90, 262, 263, 268, 273, 275, 320, 321
- interleukin 02 (IL-2), 260, 265, 320
- interleukin 04 (IL-4), 260
- interleukin 06 (IL-6), 260, 263, 268, 275, 296, 320, 321
- interleukin 10 (IL-10), 263, 265, 267, 273, 320, 321
- interleukin 13 (IL-13), 260
- interleukin 18 (IL-18), 321
- internal coincidence model, 36
- International Agency for Research on Cancer, 313
- International Space Station (ISS), 364, 371, 372
- interview data, 358–359, 370
 - challenges, 359
- intrinsically photosensitive retinal ganglion cells (ipRGCs), 30, **31**, 32, 33, 40, **101**, 104, 115, 135, 185
 - activation, 4
 - input from rods and cones, 4
 - purpose, 4
 - sensitivity to blue light, 4
 - subclasses, 32
 - subtypes, 4
- inverse agonists, 59, 63, **64**, 70
 - efficacy, 60
 - modulation of circadian behaviors, 65
 - modulation of functional responses, 64–65
- iodomelatonin, 68, 72
- irradiance visual system, 30–32
- ischemia reperfusion injury, 291, 300
- Israel, 360, 371
- Jardim, A. C. N., 369
- jetlag, 32, 92, 112, 114, 117, 137, 138, 139, 207, 227, 229, 291, 315, 317
 - characteristics, 106
 - circadian rhythm disruption, 105–106
 - eastward versus westward, 13, 68, 69, 70, 106, 266, 267
 - environmental disruption (of circadian rhythms), 264
 - heart health risk, 291
 - symptom severity, 106
- JL1–3B satellite, 361, 362, 363, 371, 372
- Joye, Deborah A. M., 23–57
- Jun N-terminal kinase (JNK), 325
- Karatsoreos, Ilia N., 84–99
 - kidney, 238, 245, 247, 267, 299
 - kisspeptin, 207, 209, 210, 215, 219
 - Kloog, I., 360, 372
 - Kriegsfeld, Lance J., 134–164
 - Kuechly, H. U., 365
 - Kyba, C. C. M., 358, 362
- labor timing [childbirth], 218
- LAN. *See* light at night
- lateral habenula (LHb), **101**, 101
- lateral septum (LS), **101**
- LD. *See* light-dark cycles
- learning and memory
 - circadian control (molecular mechanisms), 143–148
 - circadian timing, 136–143
 - circadian-modulated kinase signaling, 143–147
 - developmental effects of circadian disruption, 140–141
 - epigenetics and circadian control, 147–148
 - relevant genes, **145**
- LeGates, Tara A., 100–122
- leptin, 92, 224, 226, 229, 240, 243, 299
 - circadian disruption (metabolic signals), **225**
- leukocytes, 11, 262, 263, 265, 266, 272, 273
- Ley, P., 358
- Li, Q., 359
- ligand efficacy, 60
- light, 2, 30
 - dominant entrainment factor for SCN, 4–5
 - timing and duration (seasonal change), 107
- light at night, 4, 10, 12, 75, 137, 207, 214, 217, 218, 219, 223, 224, 287, *See also* artificial light at night
- circadian disruption and metabolic function, 225–226, 229–230
 - little effect on rodent sleep, 229
- light effects: solutions (across species), 338–355
- light exposure, 11, 39, 92
- light meters, 365–366
- light pollution, 11, 42, 100, 103, 342, 356, 365, 366, 371
- light pulses: non-parametric responses, **31**
- light-dark cycles, 13, **25**, **31**, 32, 41, 62, 69, 93, 106, 165, 171, 174, 191, 215, 223, 230, 231, 232, 263, 291, 292, 317, 339, 346
 - circadian disruption and metabolic function, 227–229
- light-emitting diodes (LEDs), 11, 348, 357
- light-induced SCN depolarization, 33
- lipid metabolism: LAN effects, 226
- lipopolysaccharide (LPS), 186, 196, 256, 259, 267, 268, 273, 275, 276
- lithium, 111, 194
- liver, 9, 91, 193, 230, 245, 267, 318, 321
 - peripheral clock rhythms, 6
- lizards, 340
- locomotor activity, 62
 - AD patients, 167
 - diurnal versus nocturnal, 7
- locomotor recovery, 193, 194, 196
- locomotor rhythms, 7, 36, 39, 41, 169
- locus coeruleus, 40, **101**
- long-term potentiation (LTP), 142

Longcore, Travis, 356–380
 long-term potentiation (LTP), 143, 145, 146, 147, 148
 low-density lipoprotein (LDL), 226
 low-frequency spectral power (LFSP), 244
 lung, 274, 318
 lung cancer, 323, 360
 luteinizing hormone (LH), 169, 207, 209, 210, 214, 215, 216
 surge, 211
 surge (timing especially important), 211
 luzindole, 63, 63, 64, 65, 67, 68
 lymphocytes, 259, 264
 LYS Button, 370, 373
 macrophages, 90, 186, 188, 193, 256, 259, 276, 320
 Madrid, 365
 major depressive disorder (MDD), 106, 107–109, 112, 115, 116
 changes in sleep (hallmark), 108
 characteristics, 107
 symptoms (diurnal variation), 108
 male fertility: circadian disruption (impact), 213–214
 Malpas, S.C., 240
 mammals, 6, 13, 23, 24, 26, 34, 285, 340, 345, 348
 melatonin-receptor mediated modulation of rhythmic behavior, 65–70
 photoperiodic responses, 35
 Martin, J. S., 367
 meal timing, 229, 261
 circadian disruption and metabolic function, 226–227, 230–231
 mean arterial pressure (MAP), 242
 medial prefrontal cortex, 113
 medial preoptic (MPO) nucleus, 101
 Meijer, Johanna H., 338–355
 publications, 354
 melanoma, 315, 316
 melanopsin, 4, 12, 30, 31, 32, 103, 349
 melatonin, 4, 5, 28, 35, 35, 36, 37, 40, 75, 108, 110, 140, 141, 172, 185, 191, 195, 226, 232, 233, 293, 297, 298, 319, 321, 342, 344, 348, 368
 5-methoxy-N-acetyltryptamine, 58
 changes in waveform, 36
 circadian disruption (metabolic signals), 225
 contribution to obesity (opportunity for comparative approach), 231
 endogenous (behavioral functions), 61–63
 endogenous and exogenous, 59
 light-induced reduction in nocturnal release (shift workers), 215
 physiological responses, 59
 reduced in male shift workers, 214
 regulatory role on ovarian function, 216
 released only during darkness at night, 209
 timed treatment, 230
 melatonin molecule, 58
 melatonin phase shift, 66
 melatonin production, 58, 61, 344, 356, 369
 melatonin receptor glands: therapeutic potential, 70–71
 melatonin receptors, 59–61
 definition, 59
 targets for carbamate insecticides, 71–73
 melatonin release, 40, 185, 219

melatonin suppression, 103, 369
 melatonin-receptor mediated modulation, 65–70
 melatonin-related analogues (efficacy), 63–64
 menstrual cycles
 disruption, 216
 irregularity risk (shift workers), 214
 mental health
 bidirectional relationship with circadian rhythm disruption, 117
 chronotherapy, 114–116
 disrupted circadian rhythms, 100–122
 mental health disorders
 circadian rhythm disruptions “hallmark”, 102
 mesolimbic reward system, 113
 metabolic disruption, 9, 10, 71
 metabolic function, 8
 circadian rhythm disruption, 223–237
 night shift workers, 223–225
 metabolism, 1, 13, 94
 circadian regulation, 8–10
 metabolites, 9, 30, 187
 metastasis, 313, 321
 MFOV camera, 363
 MI. *See* myocardial infarctions
 mice, 2, 4, 7, 8, 29, 30, 34, 37, 42, 61, 62, 66, 67, 68, 69, 92, 138, 139, 141, 142, 146, 148, 165, 169, 171, 174, 191, 193, 194, 195, 241, 244, 247, 256, 267, 268, 275, 288, 291
 actogram (short and long photoperiods), 346
 C3H, 70
 Clock deficient, 143
 clock-linked gene-mutations, 10
Cry double mutant, 143
 granulosa cells, 64
 heart beat, 298
 macrophages, 11
 meal timing, 230
 studies shifting light-dark cycle, 228
 microglia, 170, 171, 174, 186, 187, 188, 256, 268
 misalignment, 92, 93, 94, 104, 105, 106, 115, 265, 266, 296, 315
 miscarriage, 217, 218
 mitigation hierarchy, 339
 mitogen-activated protein kinase (MAPK), 33, 143, 145, 146, 325
 Moeller, Jacob S., 134–164
 molecular circadian clock, 27, 111
 molecular clock, 13, 25, 26, 29, 30, 32, 34, 101, 102, 108, 111, 184, 206, 209, 216, 218, 230, 231, 232, 274, 285, 289, 299, *See also* clock genes
 ovary, 211, 218
 role in childbirth (labor and delivery), 218
 molecular clock genes, 213, 217
 molecular clockwork, 134–135, 146, 148, 187, 270
 mechanisms responsible for circadian rhythm generation, 136
 molecular mechanisms of circadian clock, 3–5
 light “dominant entrainment factor for SCN”, 4–5
 peripheral rhythms (food, exercise, other factors), 5
 synchronization to environment, 3–4
 molecular mechanisms: circadian control of learning and memory, 143–148
 monocytes, 188, 257, 259

- Montaigne, D., 300
 mood disorders, 42, 106, 115, 185
 bipolar disorder (BD), 110–111
 circadian rhythm disruption, 107–111
 major depressive disorder (MDD), 107–109
 postpartum depression (PPD), 109–110
 Moran's I test statistic, 372
 Morris water maze, 7, 138, 142, 143
 moths, 343
 mRNA, 148, 169, 170, 172, 245, 289, 318
 MT₁ and MT₂ ligands, 60
 MT₁ and MT₂ receptors, 58, 59, 60, 62, 63, 64, 70
 activation, 66
 affinity, selectivity, efficacy, 64
 functional role, 61
 MT₁ inverse agonists: modulation of functional responses, 64–65
 MT₁ knockout mice, 40
 MT₁ mediated effects, 60
 MT₁ signaling, 41
 mTOR, 38, 324
 multiple sclerosis, 260, 271
 muscarinic receptors, 71, 138
 muscle, 91, 230, 232
 myocardial infarctions, 290–291, 297
 myometrium, 211, 218
- National Institutes of Health, 75, 76
 National Oceanic and Atmospheric Administration (NOAA), 360
 National Park Service (USA), 367
 natural killer cells, 189, 257, 263, 267, 268, 273
 Nelson, Randy J., 1–22
 neocortex, 28, 40
 nervous system function: circadian control, 185
 nervous system: maintenance (circadian rhythms), 184–187
 network effects: intrinsic SCN timekeeping, 28–30
 neural function: age-related changes in clock gene expression, 172–173
 neurocognitive processes, 35
 neurodegeneration, 165, 169, 170, 172, 173, 175, 187, 194
 neuroendocrine axis, 84, 85
 neuroendocrine function: circadian rhythm disruption, 206–222
 neuroendocrine network: relay of light from eye to reproductive axis, 207
 neuroendocrine processes, 35
 photoperiodic regulation, 38–39
 neuroendocrine responses, 85
 neuroendocrine signaling, 190
 neuroendocrine system, 190
 “postal service”, 209
 primary role, 209
 regulation of hormone release (fertility), 209–212
 neurogenesis, 139
 neuroimmune activation, 187
 neuroimmune cells, 187
 neuroimmune function, 183
 neuroimmune system: harmony with circadian system (disruption), 184
 neuroinflammation, 165, 172, 183, 184, 187, 191, 194, 195, 195
 modulation (targeting clock), 193–194
 role in TBI and SPI, 187–189
 neuroinflammatory activation, 187
 neuroinflammatory events: after TBI or SCI (timing and spatial organization), 188
 neurologic recovery, 193–194
 neuronal activity, 62, 101, 102, 146, 287
 neuropeptide S receptor 1 (*Npsr1*), 272
 neuropeptides, 2, 28, 29, 30, 169, 175
 neuroprotection, 184, 188, 189, 192, 193
 neuropsychiatric processes: photoperiodic regulation, 39–41
 neurotransmitters, 168, 187
 neurotrauma, 185, 187, 188, 189
 circadian-neuroimmune axis, 190–194
 dysregulation of circadian rhythms, 192–193
 leveraging chronobiologic strategies, 194–196
 linking circadian cues in external environment to internal oscillators, 190–192
 recovery enhancement, 194–196
 role of internal body clock, 192–194
 neurotrauma (future directions), 194–196
 chronotherapies, 194–196
 circadian regulation of neurorepair-related events, 194
 preclinical insight, 194
 promising approaches, 194–196
 neutrophil extracellular traps (NETs), 257
 neutrophil:lymphocyte ratio (NLR), 273
 neutrophils, 186, 188, 188, 259, 274
 NFOV camera, 363
 NF_kB, 90, 272, 273, 274, 275, 321
 nicotinamide adenine dinucleotide (NAD⁺), 311
 night eating syndrome (NES), 226
 night shift workers, 9, 12, 138, 223
 circadian rhythm disruption and metabolic function, 223–225
 Nile grass rats (*Arvicanthis niloticus*), 139
 nitric oxide, 8
 NK. *See* natural killer (cells)
 N-methyl-d-aspartic acid (NMDA), 4, 33, 140, 143, 145
 nobiletin (NOB), 324, 325
 nocturnal animals: activity rhythm, 343
 nocturnal mice, 40, 287, 289
 nocturnal rodents, 33, 40, 92, 227
 nocturnal species, 32, 41, 92, 136, 340, 347
 non-alcoholic fatty liver disease (NAFLD), 317
 norepinephrine, 243, 244
 Northern treeshrew (*Tupaia belangeri*), 342
Npas2, 170, 171, 173, 187, 244
Nrl1, 11, 187, 272, 273, 274, 275, *See also Rev-Erbα*
 nuclear factor erythroid 2-related factor 2 (NRF2), 321
 nuclear receptor subfamily 1 group D, 311, *See also Nrl1*
 nuclear receptors, 135, 193, 318, 320
 nucleus accumbens (NAc), 101
 nucleus of solitary tract (NTS), 85
 nurses, 356
 obesity, 9, 10, 223, 225, 226, 227, 230, 232, 233, 239, 241, 297, 324, 359, 360
 food intake rhythm and BP rhythm, 240–241
 meal timing as effective modulator, 231

390

Index

oligodendrocytes, 186, 189, 194
 oocyte yields, 214
Opn4 gene, 30, 40
 optic nerve, 207, 209
 orthosteric site, 60, 71, 72
Osgin1 gene, 318
 osteosarcoma, 317
 ovarian function, 208, 216, 217
 ovary, 91, 210, 211, 212, 216, 218, 318
 overt circadian rhythms, 26, 66, 67, 73, 167, 174, 175
 pancreas, 9, 91, 225, 232, 318
 paracrine signals, 28, 101
 paraventricular nucleus (PVN), 58, 85, 87
 of hypothalamus, 101
 primary efferent pathways, 85
 paraventricular nucleus of thalamus (PVT), 101
 pars tuberalis, 73
 Patagonian leaf-eared mice (*Phyllotis xanthopygus*), 342
 pathogen-associated molecular patterns (PAMPs), 259
 perception: varies across day, 7
 pericytes, 186, 189
 perinatal depression, 109
 perinatal period, 115
Period (Per) genes, 3, 26, 34, 88, 102, 136, 171, 187, 270
Period 1 (Per1) gene, 3, 37, 62, 135, 144, 146, 148, 170, 172, 193, 215, 318
 expression, 142, 145, 171, 173, 174, 273, 287, 313
 germline deletion, 172
 knockout mice, 245
 upregulation, 33
Period 2 (Per2) gene, 3, 8, 37, 113, 135, 140, 142, 148, 170, 171, 172, 173, 174, 273, 274, 311, 312, 318, 319, 321
 dampened oscillations, 274
 germline deletion, 172
 knockout mice, 291
 mutant mice, 244, 318
 rhythm, 146, 175, 267
 upregulation, 33
Period 3 (Per3) gene, 3, 113, 135, 170, 271, 273
 peripheral clocks, 5, 6, 8, 89, 230
 aging (decreased coordination with SCN), 174
 peroxiredoxin oxidation, 27
 peroxisome proliferator-activated receptors (PPAR), 230
 PFC. *See* prefrontal cortex
 phagocytosis, 259, 260
 phase advancement method, 116
 Phase Angle of Entrainment, 25
 phase resetting, 32, 42
 phase response curve (PRC), 31, 32, 34, 36, 66
 phase shift hypothesis, 107, 115
 phase shift rhythms, 66, 287
 phase shifts, 2, 66, 66, 67, 108, 113, 115, 137, 138, 145, 174, 227, 267, 274, 292, 342
 phase-response curve (PRC), 66, 67, 343
 photic (amplitude), 36
 phosphorylation, 144, 146
 photic processing, 23, 30–34
 photic resetting, 32, 33, 34, 36
 photic stimuli, 65

photoentrainment, 30–34
 photoperiodic encoding, 34–41
 overt responses, 35–36
 photoperiodic modulation, 35
 photoperiodic regulation
 neuroendocrine processes, 38–39
 neuropsychiatric processes, 39–41
 photoperiodic responses, 35
 photoperiods, 24, 32, 34, 35, 36, 37, 40, 75, 266, 346
 photosensitive retinal ganglion cells (pRGCs), 349
 physiologic cues: coordination of circadian rhythms, 5
 physiology, 13
 pineal gland, 28, 35, 58, 172, 297
 main source of melatonin production, 58
 Pittsburgh, 365
 pituitary adenylate cyclase activating peptide (PACAP), 4, 33, 102
 pituitary gland, 209, 215
 plasticity, 24, 33, 34, 35, 38, 42, 140, 141, 189, 262
 pMAPK-activated ribosomal S6 kinase (P90RSK), 144, 146
 polymorphisms, 114, 232, 269, 271, 272, 297, 316
 postpartum depression (PPD), 109–110, 115
 incidence, 109
 Prairie rattlesnake (*Crotalus viridis viridis*), 342
 prefrontal cortex, 86, 88, 92, 113, 135, 140, 141, 142, 174
 pregnancy, 210, 212, 213, 215, 217
 circadian disruption (impact), 217–219
 preoptic (PO) area, 101
 progesterone, 210, 216, 217
 produced by ovary at high levels after ovulation, 211
 progesterone receptors (PR), 319
 prokineticin 2 (Prok2), 2
 prostaglandins, 8, 191
 prostate cancer, 314, 316, 323, 360, 365, 372
 correlation with shift work, 313
 protein CLOCK influences, 101
 protein kinase A (PKA), 143, 144, 321
 public health, 356, 360, 362
 quality of life, 113
 questionnaires, 358, 372
 ALAN and breast cancer (non-significant association), 359
 breast cancer (California teachers), 359
 rabbit, 62, 240
 ramelteon, 66, 67, 68, 70
 raphe nucleus, 2, 28, 89
 rapid eye movement (REM) sleep, 108
 rats, 5, 7, 62, 137, 138, 140, 171, 191, 193, 240, 243, 274, 287
 aging, 169
 Rea, M. S., 368, 369
 recall bias, 359, 373
 red light, 195, 348, 369
 Reiter, R. J., 61
 remote sensing, 360, 363
 renin-angiotensin-aldosterone system, 243, 246
 Rensselaer Polytechnic Institute, 368
 reproductive failure, 86, 90

- reproductive function, 94
 - circadian disruption (impact), 212–213
 - circadian disruption (mammalian overview), **208**
- retina, 4, 28, 58, 62, 63, 102, 185
- retinal input, 2, 30, 32, *101*
 - SCN cellular responses, 33–34
- retino-hypothalamic tract, 2, 4, 30, 58, *101*, 135, 185
- retinoic acid response elements (RREs), 135, *171*, **312**
- retinoic acid-related orphan receptors (RORs), 3, 26, 135, 187, 193, 271, 311
- retrosplenial cortex, 141, 142
- Rev-Erb* genes, 3, 26, *171*, 187, 193, 194, 196, 292, **312**
- Rev-Erba*, 11, 37, 89, 135, *136*, 187, 193, 230, 232, 272, 273, 289, 320, 324, 325, *See also Nr1d1*
- Rev-Erb β* , 289, 325
 - nuclear receptors, 135
- rheumatoid arthritis, 10, 260, 262
- RHT. *See* retino-hypothalamic tract
- rhythmic behavior: melatonin-receptor mediated modulation, 65–70
- rhythmic functions: modulation by endogenous melatonin, 61–63
- Richter, C.P., 5
- rodents, 35, 40, 89, 191, 193, 342, 349
 - adaptation of physiological processes to shift work (proxy investigation), 212
 - circadian disruption (impact on reproductive functions), **208**
 - nocturnal (limitations as models for human disease), 216
 - nocturnal locomotor activity, 25
- root mean square of successive RR interval differences (rMSSD), 244
- Rosenthal, Anthony, 100–122
- running wheel, 6, 62, 69, 73, 74
- rural areas, 351
- satellite and aerial data (ALAN exposure measurement), 360–365
 - aerial photography, 364–365
 - CubeSats, 363–364
 - DMSP-OLS, 360–362
 - JL1–3B and GF-2 (China), 362–363
 - satellite comparisons, **361**
 - VIIRS, 362
- schizophrenia
 - circadian rhythm disruption, 111–112
 - key features, 112
- SCI. *See* spinal cord injury
- SCN, 1, 12, 13, 40, 58, 62, 87, 89, 101, 115, 134, *190*, 207, 209, 230, 287, 297, 349
 - circadian-focused properties, 2
 - core and shell regions, 2
 - definition, 41
 - lesions, 2
 - light “dominant entrainment factor”, 4–5
 - location, 2
 - master circadian pacemaker, 1–3, 58, 166, 167–170, 206
 - neuron-firing, 2
 - PERIOD expression, 25
 - proper functioning (female fertility), 215
- regulation of peripheral processes, 5
- retinal input, synchronized output, few peripheral feedback mechanisms, 3
- rhythms ‘entrained by light information’, 2
- role, 23, 24
- sensitivity to light, 102
- unique circadian-focused properties, 185
- ventrolateral “core” versus dorsomedial “shell”, 27, 28
- SCN circadian oscillatory protein (SCOP), *144*, **145**
- SCN circadian timekeeping, 24–30
 - intrinsic, 28–30
 - membrane and cytosolic oscillators, 24–27
 - network effects, 28–30
 - transcriptional-translational oscillator, 24–26
- SCN clock, 89, 345
- SCN network computations: formal and mathematical models, 29
- SCN network organization, 27–28
- SCN neurons, 25, 27, 29, *101*, 102, 342, 346
 - AD-related alterations, *168*
- SCN neuropeptides, 28, 34
 - non-synaptic release, 28
- SCN photic processing, 30–34
- SCN photic resetting: intercellular communication, 34
- SCN photoperiodic encoding, 34–41
- sea snails (*Bulla gouldiana* and *Aplysia californica*), 340
- season of birth, 42
- seasonal affective disorder (SAD), 40, 41, 42, 70, 100, 106, 115
 - circadian phase-shift hypothesis, 107
 - melatonin hypothesis, 107
 - symptoms (summer versus winter), 107
- seasonality, 24
- seasons, 35, 42
- secondary damage, 183, *188*, 189, 194, *195*
- selective serotonin reuptake inhibitors (SSRIs), 109
- semen quality: resistant to circadian disruption, 213
- sensory sensation: varies across day, 7
- serotonin, 41, 70
- sex dimorphism, 245
- shift work, 75, 92, 100, 112, 114, 117, 207, 208, 219, 285, 293, 315, 317
 - adverse coronary events (increased risk), 291
 - circadian disruption (impact on reproductive functions), **208**
- circadian rhythm disruption, 104–105
 - classified as probable carcinogen, 313
 - definition, 212
 - effects on learning and memory, 137
 - environmental disruption (of circadian rhythms), 261–263
 - impact on reproductive success, 214
 - recommendations, 212
- shift workers, 75, 116, 239, 296, 316, 356
 - circadian disruption (impact on fertility), 212
 - classification, 212
 - reduced fertility (possible primary cause), 212
 - selection bias (underestimation of detrimental effects), 262

- Siberian hamster (*Phodopus sungorus*), 35, 40, 138, 139, 140
- signaling pathways: non-canonical, 59, 60
- Simpkins, Devin, 256–284
- simulated jetlag, 34, 37
- simultaneous autoregressive (SAR) model, 372
- single nucleotide polymorphisms (SNPs), 111, 113, 316, 322
- Sirtuin 1 (Sirt1), 273, 311
 - histone deacetylase, 274
- sky quality meter (SQM), 364, 366
- skyglow, 339, 340, 342, 344, 350, 351, 365
 - satellite image, 12
- sleep, 89, 185
 - genetic disruptions, 269–271
 - REM and NREM stages, 71
- sleep apnea, 71, 93, 238
- sleep deprivation, 174, 191
 - chronotherapy in mental health, 116
 - environmental disruption (of circadian rhythms), 264–265
- sleep disorders, 69, 70, 73, 75
- sleep disruption, 105, 109, 112, 191, 192, 224
 - effects on vaccination efficacy, 260
- sleep duration, 247, 364
- sleep loss, 4, 92
- sleep phase: genetic disruption of circadian rhythms, 270
- sleep quality, 366, 368
- sleep-wake cycle, 87, 105, 167, 172, 174, 207, 214, 247
 - cardiovascular regulation, 8
- small-interfering RNA, 193
- smartphones, 370, 372, 373
- social cues, 2, 5
- social jetlag, 93, 106, 112, 224, 228, 247, 264, 270, 293, 296, 297, 315
 - definition, 13, 285
- South Korea, 190
- spatial pattern, 363, 371, 372
- spectra, 339, 341, 348–349
- spinal cord injury, 183, 184, 190, 191, 192, 193, 194, 196, 274
 - role of neuroinflammation, 187–189
- Spitschan, M., 358
- spontaneously hypertensive rats (SHRs), 243
- Stevens, R. G., 369
- street lighting, 346, 350, 362
- stress, 86, 89, 94, 185
 - physiological versus psychological, 85
- stress axis, 85–86
- stress system, 84, 91, 93, 94
- subjective night, 32, 33, 67
- subparaventricular zone (SPZ), 101
- substance use disorders (SUDs), 106
 - circadian rhythms, 113–114
- sunlight, 103, 137, 315, 357
- suprachiasmatic nucleus. *See* SCN
- Sutton, E.F., 242
- synaptic plasticity, 104, 116, 118, 142, 147, 148
- Syrian hamster (*Mesocricetus auratus*), 7, 26, 139, 170, 291, 342
- T cells, 186, 188, 257, 259, 260, 263, 268, 273, 274
 - pleiotropic roles in immune function, 260
- T lymphocytes, 189
- Tammar wallaby (*Macropus eugenii*), 345
- tau, 7, 26, 146
- TBI. *See* traumatic brain injury
- T-cycles, 31, 32, 37
- testosterone, 210, 214
 - reductions in sex drive of female shift workers, 217
 - role (in ovary), 216
 - shift workers, 213
- thalamus, 2, 28, 32, 40, 58, 73
- Thosar, Saurabh S., 285–309
- timeless (TIM) protein, 113, 270, 271, 311
- time-restricted eating (TRE), 239, 248
 - active phase (translational potential), 241–242
- time-restricted feeding (TRF), 239, 241, 242, 243, 244, 247
- BP circadian rhythm (modulation of clocks), 246
 - definition, 6
- tissue-specific clocks, 5–6
- toll-like receptors (TLRs), 259
- torpor, 36, 39, 59, 62
 - definition, 61
- transcriptional-translational feedback loops (TTFLs), 3, 24, 26, 27, 87, 88, 89, 90, 91, 135, 170, 244, 268, 345
 - disruption in immune cells, 92
 - genetic disruptions, 92
- transcriptional-translational oscillator, 24–26
- transforming growth factor beta (TGF β), 321
- transforming growth factor beta1 (TGF β 1), 325
- traumatic brain injury, 183, 184, 190, 191, 192, 193, 194, 196
- role of neuroinflammation, 187–189
- tricyclic antidepressants (TCAs), 109
- triglycerides, 91, 92, 226, 227, 229
 - circadian disruption (metabolic signals), 225
- tumor necrosis factor alpha (TNF α), 90, 260, 263, 265, 267, 268, 273, 275, 296, 320
- turtle, 347, 367
- type 2 diabetes, 90, 226, 230, 232, 238, 240, 241, 261, 299
- ubiquitin, 194, 270, 311
- UCSF7447 and UCSF3384 **64**, 68, 69, 75
- ulcerative colitis, 271, 273
- ultraviolet (UV) radiation, 311, 316, 340, 349
- United States, 11, 70, 75, 190, 196, 224, 360
- variable number tandem repeat (VNTR), 271
- vasoactive intestinal polypeptide (VIP), 25, 27, 34, 38, 113, 168, 170, 175, 207, 209, 215
 - immunoreactivity, 169
 - regulates SCN function, 29
- vasopressin, 169, 170, 172
- ventral tegmental area (VTA), 101, 101, 113
- VIP receptor 2 (VPAC2), 2, 169
- visible infrared imaging radiometer suite (VIIRS), 361, 362, 363, 364
- visible near-infrared (VNIR), 360
- wake times: alarm-clock versus natural, 106
- waveform of daily rhythms, 34
- wearable devices, 358, 373

Index

393

- wearable devices (ALAN exposure measurement), 367–370
Actiwatch, 367
Daysimeter, 368–369
LYS Button, 370
Wheeler, Robert, 23–57
white light, 115, 295, 369
Wilkinson, M. J., 242
women, 169, 176, 217, 262, 313, 359, 364, 372
 weight-gain risk (night shift work), 225
World Atlas of Artificial Night Sky Brightness
 (WAANSB), 364, 366
Wright, K. P., Jr, 265
Yaw, Alexandra M., 206–222
Yin, Xiaozhe, 356–380
Young, M., 289
Zebra finch (*Taeniopygia castanotis*),
 342
zebrafish, 227, 340
Zeitgeber Time (ZT), 11, 25
Zeitgebers (time givers), 2, 13, 109, 110
Zhang, C., 58, 62
Zheng, Q., 372
Zhong, C., 364