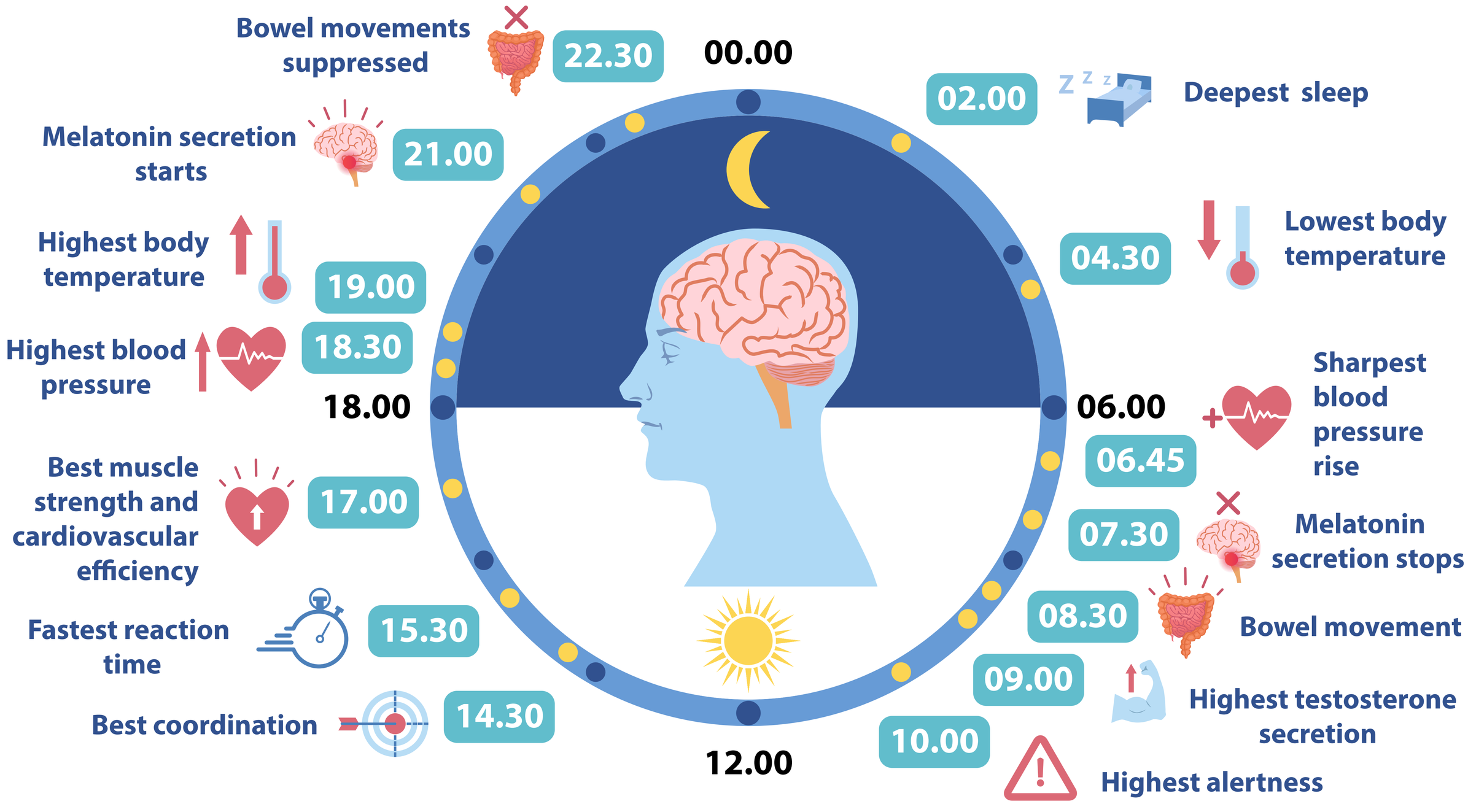
Bowel movements suppressed
22.30
00.00
02.00
Deepest sleep
Melatonin secretion starts
21.00
Highest body temperature
19.00
04.30
Lowest body temperature
Highest blood pressure
18.30
18.00
06.00
Sharpest blood pressure rise
06.45
Best muscle strength and cardiovascular efficiency
17.00
07.30
Melatonin secretion stops
Fastest reaction time
15.30
08.30
Bowel movement
09.00
Highest testosterone secretion
Best coordination
14.30
10.00
12.00
Highest alertness