

Circadian Rhythms by Jonny Berliner

Capo on 1st fret

Intro: C Cmaj7 F G7

C Cmaj7 F C

Circadian Rhythms are ticking away,

F Em Edim7 Dm

Timing bodily processes throughout your day,

Fm C A7 D7

Make you tired for sleep and then wakeful for wake,

C Em F Fm

And then tired again after noon,

C Dm F/G Fm/G C Cmaj F G7

Circadian rhythms you'll be feeling them soon

Circadian Rhythms are just like a clock,

That goes wrong when your steady light stimuli stop,

So, if you do shift work or if you may cross,

Many time zones when flying in planes,

C Dm F/G Fm/G C Cmaj C7

Circadian rhythms can make you feel strange.

F G C

They're seated in your hypothalamus,

A7 Dm G C C7

But quite how they manage us is much of a guess

E7 Am

More specifically they're in your suprachiasmatic nucleus,

D7 G G7

That's not dubious, they've done tests,

Circadian rhythms, they're not just in your head,

They control melatonin that makes you want bed,

And your core body temperature's regularly set,

By the rhythms that fluctuate daily

Dm F/G

Circadian rhythms are not to be played with.

Circadian rhythms, whether man, bird or bees,

If messed with can make you confused and diseased,

With sleeping disorders and diabetes,

But only when in the extremes,

C Dm F/G Fm/G C Cmaj F Fm C G C

Circadian rhythms, the rhythms of life, the rhythms of you, the rhythms of me.