



The HORIZON

VOLUME 2, ISSUE 02, FEBRUARY 2024

- **The Multilingual Mind; Reveling The Cognitive Marvels Of Polyglotism**
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DEAN'S DESK



Dear students, we at Grodno State Medical University strive to provide students with top-quality education, but that's not it. GRSMU is also a hub for Scientific, Cultural, and Sports related activities. We wholeheartedly acknowledge that International students are an integral part of our university, and we take immense pride in that. Grodno State Medical University is glad to work with students from different countries and provide them with a stage to represent their nation and culture.



**DEAN OF FACULTY OF INTERNATIONAL STUDENTS
DR. ALEKSANDER ALEKSANDEROVICH STENKO**

GRSMU celebrates its uniqueness in diversity, for in its true essence our university is a junction where students from various backgrounds and cultures come together as one big family. GRSMU has always encouraged students to explore further and beyond in every field they try their hands at. I hope that you like the novel concept of 'The Horizon' - a magazine that serves as a platform for the students to voice their opinions, share their takes and present their points of view.

'**The Horizon**' is a medium of extended communication where we can learn a lot from one another. I highly appreciate this initiative and personally support it. I look forward to reading the interesting blogs written by you.

WELCOME TO THE HORIZON



“We all have fascinating stories to share!” For the longest time, I have had this idea of starting a magazine. But not just any conventional magazine, one that shall serve as a platform for the students and alumni of International faculty at Grodno State Medical University to share their stories. A platform that enables students to share their takes on various curricular and extracurricular aspects of medicine. Thus, the idea of **‘The Horizon’**, came to life.



**DR. MEHUL H. SADADIWALA, FOUNDER,
CLASS OF 2023**

‘The Horizon’ will be a creative intersection where students can freely give commentaries about Lifestyle, Culture, Productivity tips, and more. Throughout the years, many individuals at GrSMU have inculcated valuable skills and gained experience with a fair share of success in various disciplines. Maybe you run a successful YouTube channel or an educational website, or maybe you are a successful student-researcher or an educator, and so much more. 'The Horizon' enables students to share their personal experiences. The insights that you share will encourage other students to take further strides and explore future possibilities.

‘The Horizon’ is supported directly by the Dean of the International Faculty, and it will operate under the supervision of the International Students' Scientific Committee. Students from 1st to 6th year, and even graduates, can submit their blogs to this magazine. The articles should directly or indirectly revolve around student life to share knowledge and the collective growth of students.

For inquiries and submissions.

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EDITOR'S DESK



“

As passion and curiosity for knowledge are key to expanding the horizons of our minds, I would like to express my appreciation to the International Students Scientific Society for granting me the opportunity to bring all the colors of our brilliant students to light.

Acting as the Editor-in-Chief from January to March 2024, I am honored and delighted to guide all our authors' hard work in providing our readers with the finest insights on the most fascinating subject matter. I invite all members to share your insights and discussions this new year as we explore the future of Horizon Magazine together.



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AROOSHA IBRAHIM
EDITOR-IN-CHIEF (JAN-MAR, 2024)

“

Scientific articles have always caught my eye because of their informative and world evolving capabilities. For a successful research article to be born, a lot of minds have to come together such as those of researchers, authors, editors, media experts, and everyone else interested in the progress of science and technology. I strongly appreciate the dedication and diligent work everyone has been doing, I would love to be a contributor to this amazing Horizon family. I am enthusiastic to lend an audience to every genre to have a platform of inclusivity.

I'm honoured to be taking the mantle of editor-in-chief of the Horizon for 2024 and I am looking forward to upholding our journal's aims and goals

”



MITCHELL MARTHA ARUFINU,
EDITOR-IN-CHIEF (JAN-MAR, 2024)

And a message to our dearest readers, we would like to invite you all, students and alumni, to share with us the blogs that directly or indirectly revolve around student life, to share knowledge and experiences that has had an impact on your growth within and outside the bounds of our university.

Concluding, let us alter the limitations of our individual efforts and collectively explore limitless Horizons.

Cover Credits

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THE MULTILINGUAL MIND: REVEALING THE COGNITIVE MARVELS OF POLYGLOTISM

This blog is about the cognitive benefits of polyglotism, emphasizing increased brain density and cognitive flexibility.

WRITTEN BY
AROOSHA IBRAHIM
CLASS OF 2024

INTRODUCTION

In a world that thrives on diversity, being multilingual is not just a skill; it's a cognitive adventure that transforms the very fabric of our brains. Beyond the convenience of navigating different languages, the act of being polyglot unlocks a myriad of neurological benefits that extend far beyond mere communication. Come along on an extensive exploration through the complex pathways of the multilingual mind, where each word spoken in a different language shapes and elevates cognitive prowess.



THE LINGUISTIC SYMPHONY IN YOUR BRAIN

Imagine your brain as a symphony orchestra, each language you speak akin to a unique instrument. Studies have shown that polyglots exhibit increased gray matter density in various brain regions associated with language processing and control.

It's as if the brain, when exposed to diverse linguistic challenges, orchestrates a richer symphony, enhancing cognitive flexibility and problem-solving skills. This heightened brain density is not just limited to language areas; it permeates throughout, creating a holistic cognitive advantage.

COGNITIVE FLEXIBILITY: YOUR BRAIN'S GYM

Being multilingual is similar to sending your brain to the gym regularly. Polyglots develop a remarkable ability to switch between languages effortlessly, a phenomenon known as cognitive flexibility. This mental dexterity not only aids in adapting to new environments but also proves beneficial in problem-solving and creative thinking. It's the linguistic equivalent of doing acrobatics for your brain. Moreover, the constant exercise in cognitive flexibility acts as a buffer against the cognitive rigidity that can arise with monolingualism.



DELAYING COGNITIVE DECLINE

Recent research suggests that bilingualism, and by extension multilingualism, may contribute to delaying the onset of cognitive decline associated with aging. The constant juggling of languages serves as a cognitive workout, creating a resilient brain that stands the test of time. In a world where mental agility is paramount, being multilingual might just be the secret weapon against the ravages of time. The cognitive resilience developed through multilingualism not only slows cognitive decline but also enhances overall cognitive abilities, creating a sharper, more adaptive mind.



BREAKING DOWN CULTURAL BARRIERS

Languages are not just tools for communication; they are windows into different cultures. Polyglots often develop a heightened sense of cultural empathy, as they can connect with people on a deeper level through their native languages.

This cultural awareness not only fosters meaningful relationships but also broadens perspectives, making the world a more interconnected and understanding place. The ability to effortlessly navigate cultural nuances becomes a unique strength, allowing polyglots to bridge gaps and foster unity in an increasingly globalized world.



NEUROPLASTICITY: THE MULTILINGUAL ADVANTAGE

The brain's ability to reorganize itself, known as neuroplasticity, is a key player in the multilingual advantage. Learning and using multiple languages stimulate various neural pathways, creating a flexible and adaptable cognitive landscape. It's like giving your brain a dynamic workout routine, sculpting it into a resilient masterpiece capable of overcoming challenges with ease. As you delve deeper into the intricacies of each language, the neural connections strengthen, establishing a robust foundation for continuous cognitive growth.

TIPS FOR EMBRACING MULTILINGUALISM

1. Consistent Practice: Regularly engage with each language to maintain proficiency.
2. Cultural Immersion: Immerse yourself in the cultures associated with the languages you speak.
3. Learn New Languages: Expand your linguistic repertoire to further amplify cognitive benefits. The process of learning a new language not only adds another layer to your linguistic prowess but also introduces novel cognitive challenges, fostering continued cognitive growth.

CONCLUSION

In conclusion, being multilingual is not just about speaking different languages; it's about embarking on a fascinating journey that transforms your brain into a cognitive marvel. So, whether you're fluent in two or ten languages, relish the linguistic symphony in your mind, and let the neuroplasticity of multilingualism shape a more resilient, empathetic, and agile you. After all, the beauty of language lies not just in the words spoken but in the profound impact they have on the very core of who we are. Embrace the multilingual advantage and unlock the full potential of your extraordinary brain.



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BENEFITS OF COLD THERAPY: COLD SHOWERS, ICE BATHS AND COLD PLUNGE

This blog is about the benefits and precautions of cold water therapy, exploring its impact on physical and mental well-being.

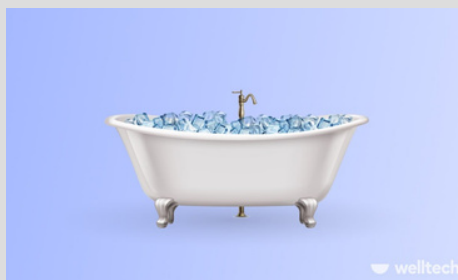
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INTRODUCTION

Did you know that Roman physicians used cold water dipping to treat fever? Cold water therapy has a rich history, and in recent years, ice baths, cold showers, and cold plunges have become a go-to method for athletes and fitness enthusiasts looking to speed up their recovery process. In this article, we will explore the amazing benefits of this method, any drawbacks that may exist, and delve into the scientific support backing it up for us.

REDUCE INFLAMMATION AND SPEED UP RECOVERY

Ice baths are a popular method to improve recovery time after intense physical activities. The cold temperature of the water constricts blood vessels, reducing inflammation and swelling in the muscles. This aids in healing micro-tears in muscle fibers at a faster rate and also relieves muscle soreness.



According to some well-known physicians who have been doing studies in this field believes cold water stresses your body that it goes into survival mode working hard to maintain its core temperature.

This stimulates your body to increase circulation and increased circulation allows blood to be redistributed, delivering new oxygenated blood to areas of the body that need recovery.

Regular ice bath sessions or cold shower right after intense workouts can enhance athletic performance by enabling athletes to recover faster, train more frequently, and at higher intensities.

This helps in reducing muscle soreness and fatigue, allowing athletes to push their limits during training and competitions.

Ice baths also play a crucial role in injury prevention. By reducing inflammation and swelling, ice baths minimize the risk of further damage to tissues and muscles.

Cold water immersion can also help alleviate chronic pain associated with conditions such as arthritis or tendonitis.

Athletes who incorporate ice baths into their recovery routines are less likely to suffer from overuse injuries.

REST AND RELAXTION

Apart from physical recovery, ice baths also contribute to mental well-being. Ice baths or cold showers makes the body release endorphins which are body's feel-good chemicals. What endorphins does is it binds to receptors in the brain and block the perception of pain and generates a sense of euphoria and relaxation. The cold immersion also activates the parasympathetic nervous system, specifically vagus nerve inducing a state of relaxation and reducing stress levels. Regular ice baths also have shown to decrease cortisol which is the stress hormone that keeps the body on alert. Lowering cortisol will bring the body out of that worried state and can improve sleep quality, reduce anxiety, and enhance overall mental clarity.



TIPS ON TAKING COLD THERAPY

Now that we have discussed the numerous benefits of cold showers, it's time to learn how to incorporate this practice into our daily routine, especially in apartments and dormitories.

If you are someone who typically showers with hot water, it's recommended that you gradually decrease the temperature to normal body temperature and then continue to decrease it until it's as cold as possible.

Once you can tolerate the coldest temperature, try to stay in the shower for at least 30 seconds and gradually increase the duration.



PRECAUTIONS: WHO SHOULD AVOID ICE BATHS?

However, there are certain health considerations that you must keep in mind before attempting to take cold showers.

These include cold urticaria or hives, which is a skin reaction to cold exposure.

People who are with open wounds, neuropathies and poor circulation are to avoid it completely.

Also, individuals with any cardiovascular conditions must be cautious as exposure to very cold water could suddenly add stress to the heart and cause it to overwork.

Lastly, individuals with Raynaud's syndrome, which causes numbness in the fingers and toes in response to cold temperatures, should avoid cold showers as it is going to a very painful experience to those individuals.

It is extremely important to consider and these situations before attempting the cold therapy.

RESEARCH LIMITATIONS

Although ice baths have gained popularity, scientific evidence supporting their benefits are still limited.

Many studies conducted have limitations such as small sample sizes, inconsistent methods (including varying water temperatures, durations, and dipping techniques), limited focus on young and athletic individuals, and reliance on self-reported results.

Due to these constraints, there is often inconsistency in the conclusions drawn from current research. Further high-quality studies are necessary to establish a consensus on the benefits of ice baths.



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WHY SHOULD YOU EVEN CARE ; EMPATHY IN A MODERN AND COMPETITIVE WORLD

This blog is about the importance of empathy in the modern day

WRITTEN BY
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CLASS OF 2024

INTRODUCTION

We live in a world that is modern and fast. While it is true that the once-principle of the "Global Village" has come to fruition, we should often look back to see what we sacrificed on behalf.

As with most things in life, the real cost of things is often hidden behind a veil of lies.

Empathy is such a commodity that we sadly left behind in this journey towards the future. This is evident more in the latter generations, where the Internet had a major impact on upbringing.

DEFINING EMPATHY

There is this fundamental understanding of empathy, which is having the ability to understand and share the feelings of another person.

While it isn't incorrect by any stretch of its definition, we can better understand the depth of the meaning through the lens of Psychology and the Study of Normal Human Behavior.

World-renowned psychologists Daniel Goleman and Paul Ekman have identified three components of empathy: Cognitive, Emotional, and Compassionate.



DIFFERENCES BETWEEN TYPES OF EMPATHY

Cognitive Empathy refers to the ability to rationally understand a person's feelings and thoughts.

It's well explained by the short phrase 'I put myself in your shoes.' It requires a certain social awareness of a situation. As certain problems differ in sensitivity in various circumstances.

For example, a thousand dollars may not be a significant amount for some people but may be a life's fortune for others. It is often less emotional and more logical.

The dexterity of sensitivity to a person, to listen and give an appropriate response, is often tested with this aspect of empathy

Affective empathy reflects on the ability to experience the feelings of other people. 'I feel with you.' This is the form of empathy that is ruled by the artists, poets, and singers of the world.

Every boy who listens to an Ed Sheeran song would know the feeling of 'falling in love.' Likewise, almost every Taylor Swift song relates to the feeling of what it feels like to be 'wooned by a man.'



These artists and songs have such a following because they have the ability to tap into our inner sense of affective empathy. This analogy is, of course, hyperbole, but I would like to think it helps to distinguish the different components of empathy.

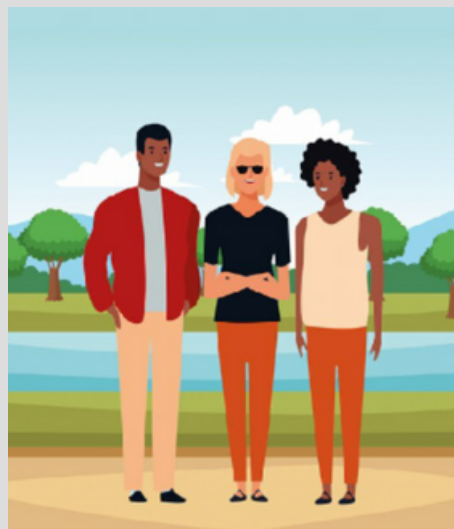
The last link in the chain is Compassionate Empathy, which translates into the need to react and provide help in any way you can. This is the most classical interpretation of empathy. It is often followed by a motive to help the person in need.

EMPATHY IN MODERN TIMES

These days, however, empathy is often seen as a quality of the belittled, sidetracked by the modern hustle culture and the Darwinian nature of things. We do not perceive the fact that we sail through the same rough oceans together but rather look to sink others in order to weather the storm.

This erosion of empathy from our society can be attributed to a couple of factors. Digital communication in the modern day has replaced the physical aspect of face-to-face exposure.

This detachment can lead to a lack of emotional connection and understanding between individuals. Another factor is the ever-shrinking attention span of the human population



EMPATHY

HOW CAN WE BE MORE EMPATHICAL

Like all things in life, it is a skill that can be improved through an active process. If we choose to actively listen to one another, we can better understand each other in terms of a conversational basis rather than listening to opposing opinions.

Seeking common ground is an excellent way to induce empathy along with inviting open dialogue between people.

All in all, empathy is a quality that must be shared by everyone and is not exclusive to the medical profession. It's a vital quality to help us navigate through emotions and daily routines.

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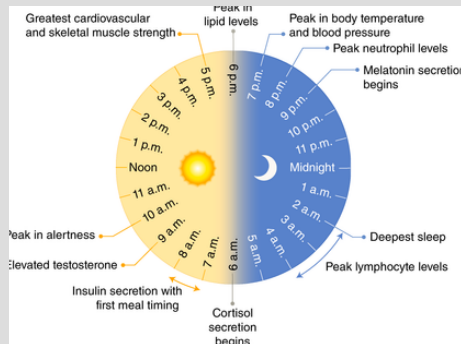
HOW CIRCADIAN RHYTHM AFFECTS GROWTH AND DEVELOPMENT

This blog is about the effects of circadian rhythm on our growth and development and factors that can disrupt and enhance it.

WRITTEN BY
POORNA GAYAN
WATTALADENIYA
CLASS OF 2024

INTRODUCTION

Circadian rhythm is the natural cycle of physical, mental, and behavioral changes that occur in a 24-hour period. It is influenced by environmental factors such as light and temperature, as well as internal factors such as hormones and genes. Circadian rhythm regulates many aspects of our physiology, such as sleep, body temperature, metabolism, immune system, and hormone secretion. One of the hormones affected by circadian rhythm is cortisol (stress hormone). Cortisol plays an important role in fetal and infant growth and development, but too much or too little cortisol can have negative impact. In this article, we will explore how circadian rhythm affects growth and development, focusing on the role of cortisol and the growth hormone (GH) axis. We will also discuss some of the factors that can disrupt or enhance circadian rhythm, and some of the strategies that can improve circadian alignment.



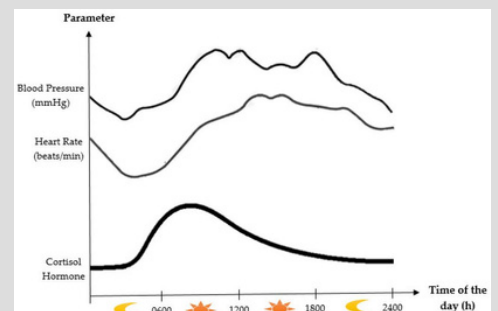
HOW CORTISOL AND GH AFFECT GROWTH AND DEVELOPMENT?

Cortisol is produced by the adrenal glands and helps us cope with stress, inflammation, and infection. However, too much or too little cortisol can have negative impact. Cortisol levels normally follow a circadian pattern, with a peak in the morning and a trough in the evening.

It plays an important role in fetal and infant growth and development. It stimulates the maturation of the lungs, liver, kidneys, and other organs in the fetus. It also regulates the growth hormone (GH) axis. GH is secreted by the pituitary gland in a pulsatile manner, with a major peak at night while sleeping. GH stimulates linear growth and body composition by promoting protein synthesis, fat mobilization, and bone formation. GH has anabolic effects on various organs and tissues, such as the brain, heart, liver, and muscles. However, GH secretion is influenced by several factors, including age, sex, nutrition and circadian rhythm. Circadian rhythm is the main factor for GH secretion. It synchronizes GH secretion with the sleep-wake cycle, ensuring that GH is released at the optimal time for growth and repair. Circadian rhythm also regulates the activity of other hormones that modulate GH secretion, such as cortisol, insulin-like growth factor 1 (IGF-1), thyroid hormones, and sex steroids.

For example:

1. Sleep deprivation or poor sleep quality can reduce GH secretion by altering the sleep architecture and reducing the duration of deep sleep.
2. Jet lag or shift work can disrupt GH secretion by causing a mismatch between the internal clock and the external environment.
3. Chronic stress or inflammation can increase cortisol levels, which can inhibit GH secretion by interfering with the hypothalamic-pituitary axis



HOW TO IMPROVE CIRCADIAN RHYTHM FOR GROWTH AND DEVELOPMENT?

To improve circadian rhythm for growth and development, it is important to maintain a healthy balance of cortisol and GH levels. This can be achieved by following some simple tips that can help align your circadian rhythm with the natural light-dark cycle:

- Expose yourself to bright light in the morning and dim light in the evening. This can help reset your internal clock and make you feel more alert during the day and sleepy at night. You can use natural or artificial light to achieve this effect.
- Avoid blue light at night. It is emitted by electronic devices such as smartphones, tablets, computers, and TVs. Blue light can suppress the production of melatonin, which is a hormone that regulates your sleep-wake cycle. Therefore, you should avoid using these devices at least one hour before bedtime or use blue light blocking glasses or apps to reduce their impact.

Maintaining a regular sleep schedule can help your body and mind adjust to a consistent rhythm. This can improve your sleep quality and quantity as well as your mood throughout the day. Sleep for at least seven to nine hours depending on your age and individual needs.

- Avoid caffeine, alcohol and nicotine in the evening. These substances can interfere with your sleep quality and quantity by stimulating your nervous system disrupting your sleep stages or causing you to wake up during the night. You should avoid consuming them at least four to six hours before bedtime or limit them to moderate amounts.

Exercise regularly but not too close to bedtime.

Physical activity can have positive effects on your circadian rhythm by enhancing your alertness during the day and promoting your sleep onset at night.

Moderate exercise in the morning or afternoon can boost your mood and energy levels while avoiding vigorous exercise close to bedtime can prevent sleep disruption.

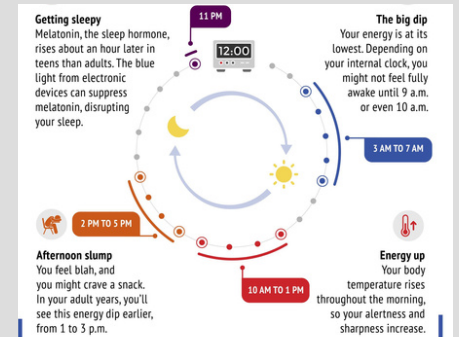
- Create a comfortable and relaxing sleep environment. Make sure your bedroom is dark, quiet, cool and comfortable by using curtains, blinds, shades, earplugs, fans, white noise machines, thermostat bedding and clothing to suit your preferences.
- Establish a relaxing bedtime routine. Doing some calming activities before bed can help you unwind and prepare for sleep. You can read a book, listen to soothing music or meditate. You should avoid any stressful activities such as work homework or video games.

HOW TO MEASURE THE CIRCADIAN RHYTHM?

There are several methods to measure your circadian rhythm, which is the natural cycle of physical, mental, and behavioral changes that occur in a 24-hour period. Some of the most common methods are:

- Blood test: A blood test can measure the levels of hormones or molecules that are influenced by circadian rhythm, such as melatonin, cortisol, or body temperature. These levels normally follow a circadian pattern, for example, melatonin is produced more at night than during the day. It reveals the timing and amplitude of these circadian rhythm.
- Actigraphy: It is a method that uses a device called an actigraph, which is worn on the wrist or ankle. The actigraph records the movements and activity of the wearer, which can indicate their sleep-wake cycle and rest-activity cycle. It measures light exposure, which is a major factor that affects circadian rhythm. Its data is analyzed by software.

- Questionnaire: It is a method that uses a self-report survey to assess the preferences and habits of the person regarding their sleep and activity. It also measures the degree of morningness or eveningness. Some examples are, Morningness-Eveningness Questionnaire(MEQ), the Munich Chronotype Questionnaire(MCTQ), or the Horne-Ostberg Questionnaire (HOQ)



CONCLUSION

In conclusion, circadian rhythm is a vital factor that affects growth and development by regulating cortisol and GH secretion which support normal growth and maturation of various organs and tissues. However, circadian rhythm can be disrupted by light exposure, feeding schedule, physical and social activities, sleep deprivation, stress or diseases. These can lead to growth retardation or metabolic disorders. Therefore it is important to maintain a healthy circadian rhythm for both mothers and infants.

Here are some tips: expose yourself to bright light in the morning and dim light in the evening; eat regularly, avoid vigorous exercises when about to sleep; avoid social isolation and conflict; adjust to new time zones gradually; get enough sleep quality and quantity; manage stress effectively and seek medical help if needed.

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2. [Circadian Rhythms \(nih.gov\)](https://www.nih.gov) , [How to measure the circadian rhythm in human being?\(e-jsm.org\)](https://www.e-jsm.org), [Finding Your Circadian Rhythm And Sleep Chronotype | Biostrap](https://www.diyhealth.com) , [Circadian rhythm test: Checking the time of your body clock \(diyhealth.com\)](https://www.diyhealth.com), [Circadian Rhythm Vector Illustration Labeled Educational Day Cycle Scheme High-Res Vector Graphic - Getty Images](https://www.gettyimages.com)

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