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Abstract. Over the past few decades, multilevel research has elucidated the basic neuroanatomy, neurochemistry, and molecular neurobiology of the master circadian pacemaker located in the hypothalamic suprachiasmatic nucleus (SCN). The circadian timing system is composed of a large number of cellular oscillators located in the SCN, in non-SCN brain structures, and throughout the body.

Neurobiology of Circadian Rhythm Regulation

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Found in most living organisms, circadian rhythms are regulated by light, behavior, and a biological clock mechanism—a set of clock genes located in cells throughout the body. Our master biological clock, based in the brain's hypothalamus, is a cluster of about 20,000 nerve cells called the suprachiasmatic nucleus (because they sit above the optic chiasm).

Circadian Rhythms and the Brain | Neurobiology

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