



# The biological clock

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## Meet alters your biological clock and how you can prevent it

Was a research  
of the factors that  
cause an  
alteration in the  
biological clock,  
and to  
demonstrate the  
hypothesis was  
carried out the  
task of  
interviewing  
regular students  
of last year of  
high school

That alters your  
biological clock?  
The stress, poor  
nutrition, altered  
schedules and light  
pollution are  
factors that alter  
your biological  
clock and make  
you vulnerable to a  
disorder.

As a conclusion we can say that 80% of the  
students surveyed tend to alter their  
biological clock which may imply a physical  
and mental disorder in the future as heart  
disease, obesity, diabetes and hormonal  
problems.

