

## Can the Brain Clock System Work without the Light Signal?

There are many geographic areas of the world where sunlight and bright daylight are scarce. When there is no natural light, the brain clock system and circadian rhythms depend on signals other than the natural light. The light signal (natural and artificial) is called a photic signal. The signals other than light are called nonphotic signals or the *zeitgeber*—a German term for a signal. These nonphotic signals are:

- Social cues – such as noise, conversation
- Food intake – the food entering the mouth activates the process of digestion, metabolism, and energy production at any time of the day or night
- Exercise / Activity