

# ★ RITMOS BIOLÓGICOS ★

Los seres vivos están influidos constantemente por los ritmos biológicos que determinan algunas de sus funciones:

## - Ritmo Infradiano

Frecuencia  $> 24$  h



Menstruación



## - Ritmo Circadiano

Frecuencia alrededor de 24 h



Rotación Sueño-Vigilia

## - Ritmo Ultradiano

Frecuencia  $< 24$  h



Frecuencia Cardíaca

# Ritmos Biologicos Los

**L Towne**



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