Human Biological Clock: Ideal/Average 24 Hours

- Serotonin secretion starts at 8:00 PM.
- Serotonin secretion stops at 20:00 (8:00 PM).
- Greatest healing and growth occurs.
- Lowest blood pressure.
- Bowel movement likely at 08:30.
- Highest testosterone secretion at 09:00.
- Melatonin secretion stops at 07:30.
- Sharpest rise in blood pressure at 06:45.
- Lowest body temperature at 04:30.
- Deepest sleep at 02:00.
- Bowel movements suppressed at 22:30.
- Melatonin secretion starts at 21:00.
- Fastest reaction time at 15:30 (3:30 PM).
- Greatest cardiovascular efficiency and muscle strength at 17:00.
- Highest blood pressure at 18:30.
- Highest body temperature at 19:00.
- Noon at 12:00.
- Best coordination at 14:30.