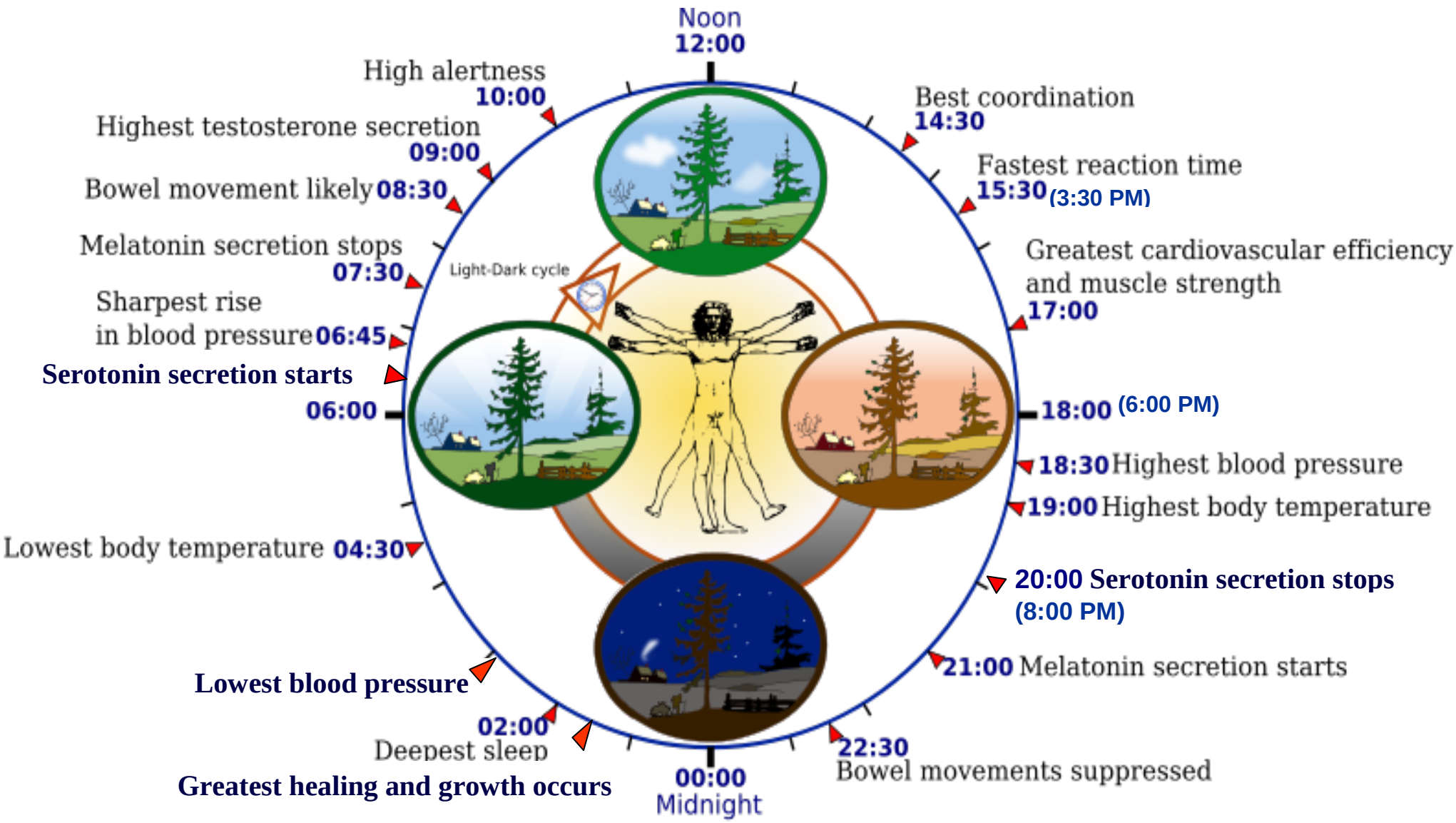Human Biological Clock: Ideal/Average 24 Hours