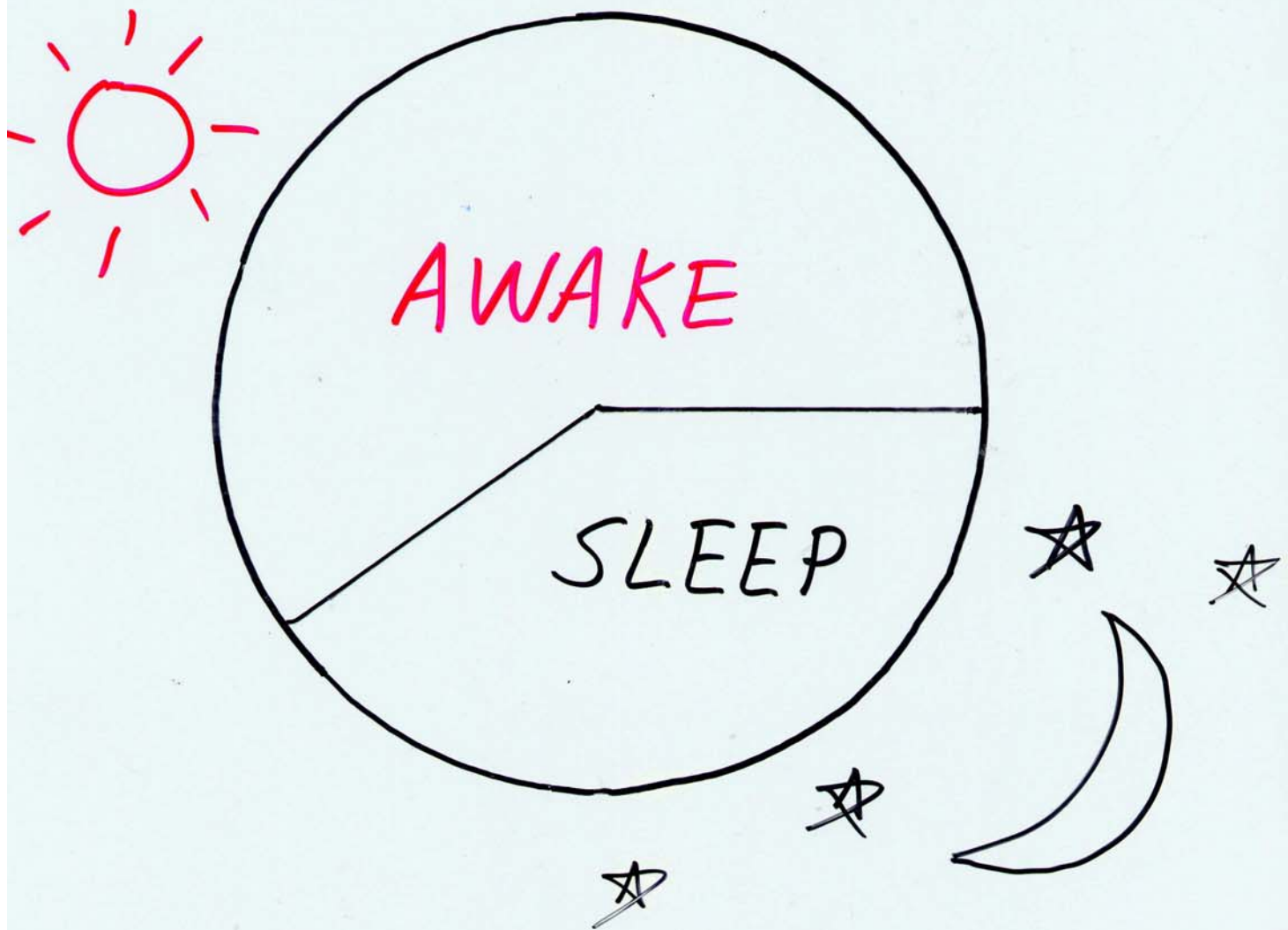


THE SLEEP CLOCK



OUR SLEEP CLOCK, WHICH IS LOCATED IN THE BRAIN, CONTROLS WHEN WE GO TO SLEEP AND WHEN WE WAKE UP.