

- a** Answer the questions in pairs. Complete the 'We think' column with *morning, midday afternoon, evening* or *night*.
- b** Now A read part 1 of the article on body rhythms, B read part 2.
- c** In pairs, complete the **Expert opinion** column with the exact times. Tell each other why it's the best time of day.
- d** In pairs say at what time of day you do these things. Who has the 'best' daily routine?

What do you think is the best time of day (for your body) to...?	We think	Expert opinion
1 have a big meal	_____	_____
2 have a bath	_____	_____
3 do your maths homework	_____	_____
4 have an injection	_____	_____
5 sleep	_____	_____
6 be creative	_____	_____
7 phone friends	_____	_____
8 take vitamins	_____	_____
9 have a glass of wine	_____	_____
10 put on face cream	_____	_____
11 do sport or exercise	_____	_____
12 eat without putting on weight	_____	_____

A time for everything

The new science of chronobiology tells us the best time of day to do everything, from writing a poem to taking pills. By following your body's natural daily rhythms, you can get more out of every day.

Part 1

- 7 a.m.–9 a.m. Have a good breakfast. The metabolism is at its most active in the morning, and everything you eat at this time gives you energy but doesn't make you put on weight. It's also the best time of day to take vitamins. If you take them in the afternoon or evening, some vitamins can cause indigestion or keep you awake.
- 9 a.m.–10 a.m. Go to the doctor's or dentist's. Injections are least painful at this time of day.
- 10 a.m.–12 Work, study, paint a picture or write a poem. The brain is at its most creative at this time of day.
- 12–2 p.m. Eat. This is the best time of the day to have lunch. The digestive system works very efficiently at this time. You should have your big meal of the day now, and not in the evening.
- 2 p.m.–3 p.m. Have a siesta. After lunch the body temperature goes down and the brain works more slowly. There are a lot of road accidents at this time of day because drivers fall asleep at the wheel.

Part 2

- 3 p.m.–5 p.m. Go to the gym. Physically our body is at its peak now. Most Olympic records are broken at this time of day.
- 4 p.m.–6 p.m. Do homework, especially maths. Research shows that children are better at arithmetic at this time of day.
- 6 p.m.–8 p.m. Eat and drink (in moderation) and enjoy yourself. Our sense of smell and taste are at their best at this time, so now is the moment for a light but delicious dinner. The liver is also at its most efficient in dealing with alcohol, so it's also the best time of day to have a glass of wine. It is also the time when the skin absorbs cream best, so before dinner is the time to put on face or body cream.
- 8 p.m.–10 p.m. Phone your friends. This is the time of day when people most often feel lonely (and it's also cheaper to phone in many parts of the world).
- 10 p.m.–11 p.m. Get ready for bed. One of the best ways to make sure you sleep well is to have a hot bath, which will relax your mind and body.
- 11 p.m.–7 a.m. Sleep. After 11 o'clock, the metabolism slows down, preparing us for sleep. If we stay awake after midnight, our attention drops dramatically, and this is the time of day when people find it most difficult to concentrate if they are studying or working.