



Therapeutic Aspects of Circadian Rhythms

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Message from the Guest Editors

Dear Colleagues,

In this Special Issue of *Biomolecules*, entitled "Therapeutic Aspects of Circadian Rhythms", we will explore molecules that transduce the environmental signal (light) into a biological signal, how time is kept in a biological system, and the negative outcomes of misalignment of internal rhythms with external rhythms when that system is perturbed. Our focus will be on the chronotherapeutic effect of aligned internal rhythms with the external environment on health and wellness.

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Message from the Editorial Board

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